

ARE YOU NUTS?

The **beneficial properties**
of these edible seeds

“ I went down into the garden of nuts to
see the fruit of the valley ”

Song of Solomon 6:11. Old Testament

by Morgan Roy

Their shells make for a real challenge to open, yet for centuries wildlife with a big enough appetite have managed to eat them up. Hoarded and buried by tiny paws, devoured by tough teeth and jaws, or crushed and wore down by pick-like beaks, nuts are a hot commodity in the animal kingdom—and among us humans too.

Archeological digs in the Middle East have found that nuts were an inherent part of people's diet thousands of years ago, ancient Greeks and Romans considered them food of the gods, and “nutting stones” (pitted stones with a depression to help open large quantities of nuts) have been found around the globe.





▶ THEY ARE LOADED WITH **ANTIOXIDANTS** AND **VITAMINS** THAT NOT ONLY PROTECT AGAINST FREE RADICALS BUT ALSO PROMOTE **YOUTHFUL** AND **HEALTHY SKIN**.

☛ And they're not just delicious and nutritious, they're packed with goodness for the skin! Whether savored raw just as is, added to delectable dishes, power drinks, or pressed for their oil, nuts qualify without a doubt among the wonder ingredients that continue to gain in popularity as their beneficial properties keep on unraveling.

In the skin care and spa world, nuts can be a power ally in the all time fight against aging. They are loaded with antioxidants and vitamins that not only protect against free radicals but also promote youthful and healthy skin.

Their oil is well absorbed by skin, which allow for their beneficial agents to penetrate deeply.

Used for massages, body scrubs, pedicures, facials and more, nuts can creatively be incorporated into many spa treatments and have a prominent spot on your retail shelves.

So let's crack open some nuts and discover the myriad of benefits they have to offer. We'd be nuts not to!

While there are plenty more nuts out there with their very own tasty flavors and benefits, I've selected **six nuts** that'll give you plenty to get started on your quest to pamper your clients with some edible seeds.

ALMOND

Perhaps among the all time favorite nuts amid food lovers and nutritionists alike—studies have pointed to the prebiotic potential of almonds, which can improve the intestinal tract function—the almond, or rather the fruit of the almond tree, is not a true nut but rather a drupe (a seed enclosed by a hardened layer).

Native to the Middle East, the almond is packed with antioxidants including vitamin A, B and E, as well as phenolic compounds, which are effective oxidation (thus free radicals) inhibitors. Its oil, a combination of nearly a dozen fatty acids that contribute to healthy, supple skin, is also potent in removing impurities and reducing inflammation from different skin conditions such as psoriasis and eczema.



Currie Day Spa with several locations in Pennsylvania, offers the **Almond Spa Manicure with Paraffin Treatment**, a paraffin wax treatment along with an almond oil massage to heal and rehydrate brittle nails and dry hands (30 minutes, \$39).

PECAN

It might be hard not to associate this nut native of the new world with pie, for the traditional southern U.S. recipe. The pecan, which in Native American literally means a nut that needs a stone to crack (although it is truly a drupe too), is loaded with nutrients, vitamins A, B, C and E (power antioxidants) as well as trace metals such as manganese, zinc, magnesium and iron—crucial minerals to stimulate collagen synthesis.



The Dallas Spa at the Four Seasons Resort Dallas, Texas, offers the **Pecan Body Buffing**, an antioxidant packed scrub with crushed pecans that are used to gently exfoliate and soften skin (50 minutes, \$140).



WALNUT

Known in Ancient Rome as Jupiter's royal acorn, the walnut, originally from Persia where it was reserved for royalty, is indeed among the top leading nuts for its high polyphenol content (a form of antioxidant) that fights off free radicals and hinders the oxidative process. And just like the pecan, its vast amounts of manganese, an important mineral, acts as a potent antioxidant and promotes wound healing to encourage the production of collagen.



August Moon Spa in Ithaca, N.Y., offers the **Vino Therapy Soak** to improve circulation and reduce free radicals with New York State red wine and walnut oil (25 minutes, \$35).



MACADAMIA

The only major commercial food crop native to Australia, the macadamia or mac nut (known to indigenous Australians as jindilli among many names) touts many benefits other than its innate ability to marry with chocolate—it's also a drupe, not a nut. High in monounsaturated fatty acids, including Oleic acid (Omega 9), that promotes moisture and softens skin, these fatty acids also act as anti-inflammatory agents beneficial to many skin conditions. Its Linoleic acid (Omega 6) content helps restore skin barrier function, while its Palmitoleic acid (Omega 7)—an active anti-microbial found naturally in youthful skin—acts as a powerful anti-aging ally, as it is vital to delay cell aging (as we age, our skin is rapidly depleted of Palmitoleic acid, which makes macadamia a very valuable addition to anti-aging formulas). Macadamia is also packed with manganese, which as previously noted is critical to the regeneration of collagen.



Day Spa at Bannisters by the Sea in Mollymook, Australia, features the **Native Holistic Remedy** that includes a native wattle exfoliation, a clay cocoon to detoxify, a warm oil scalp treatment, a macadamia facial massage, restorative body pressures and massage to relax and repair (2 hours, 35 minutes, \$320).

COCONUT

Although the FDA classifies the coconut as a tree nut, its fruit is yet again botanically classified as a drupe. While coconut is famed around the world for its distinct aroma and flavor, its flesh and oil have much to provide to the skin care industry as well. Its natural fatty acid compounds make it a great emollient that softens skin, restores and moisturizes. The high antioxidant properties of virgin coconut oil make it great for anti-aging, while its anti-fungal and antiviral properties help with skin blemishes attributed to sunburn, acne, psoriasis and eczema.

The Bellagio Spa in Las Vegas, Nev., offers the **Deep Coconut Surrender**, where during the deep tissue treatment, clients are massaged with warm rocks and hot towels, while warm coconut milk is drizzled along the spine and legs (80 minutes, \$250).



KUKUI

Brought from Asia to the islands, the Kukui nut and tree hold a special place among Polynesians who have used its trunk to build canoes, its oil to make candles and have roasted its flesh for popular relishes. Rich in vitamin A, C and E, which protect against free radicals, and high in essential fatty acids (great for healthy, vibrant skin), its oil also helps relieve dry itchy skin, psoriasis and rosacea.



Ho'oil House, Lahaina, Hawaii, features the **Hope Loa Spa** treatment that includes a massage, facial and a scalp treatment with coconut, kukui nut and jojoba oils (2 hours, \$205).

Conclude your services with some nutty treats for an extra dose of goodness, and don't let your clients leave without some at home care products featuring nuts. ■

Note: While there are countless skin-healthy benefits to treating your clients with nut-based skin care products, be aware of any food allergies that your client may have.

Spoil your clients with this nutty selection of products and brands:

Jindilli

- All home care and treatment products (macadamia)
- JINDILLI.COM

LING Skincare

- Imperial Body Scrub (walnut and almond)
- LINGSKINCARE.COM

Pure Fiji

- Face and Body Care line (coconut, macadamia, kukui)
- PUREFIJI.COM

Bioelements

- Sensitive Skin Cleanser (hazelnut)
- BIOELEMENTS.COM/PROS

Éminence Organic Skin Care

- Coconut Milk Cleanse
 - Coconut Sugar Scrub
- EMINENCEORGANICS.COM

FarmHouse Fresh

- Coconut Beach Scrub
- FARMHOUSEFRESHGOODS.COM

Rhonda Allison

- Regenerating Cream
 - Chocolate Antioxidant Mask (almond)
- RHONDAALLISON.COM

ilike

- Grape Stem Cell Solutions Rich Moisturizer and Body Lotion
 - Age Defense Bioflavonoid Eye Cream (coconut)
- SZEPELET.COM

HydroPeptide

- HydroPeptide Massage Oil: Anti-Wrinkle Nourishing Oil (coconut)
- HYDROPEPTIDE.COM

Matis Paris

- Réponse Délicate Cleansing Cream (almond)
 - Nourishing Balm for Hands and Feet (macadamia)
- MYRDM.COM

Academie Scientifique de Beauté

- Aromatherapie line (almond)
- MYRDM.COM

Repêchage

- Honey and Almond Scrub
- REPECHAGE.COM

Sothys

- Men's Soothing After-Shave Balm (macadamia)
- SOTHYS-USA.COM



Morgan Roy is the owner of Jindilli, a family-operated macadamia company—their macadamia farms, processing plant and oil refinery are located

in macadamia's native land, Australia. The Roys oversee the quality of Jindilli's skin enrichment products—rich lotions such as the Hydra-Opulence that eliminates dry, dull skin tone—from their farms to your spa. Jindilli focuses on the production of macadamia oil and paste for its own brands of skin care, food oils and beverages, including newly launched macadamia milk—Milkadamia. Visit jindilli.com.