



GO NUTS for Macadamia Oil



Move over almonds, aloe vera, argan and avocados, jojoba, olives, rosehips and sunflowers ... an oil derived from one of Australia's indigenous wonderkinds, macadamia nuts, is the new beauty superpower.

For years, we wouldn't touch any skincare product that didn't have the words "oil-free" plastered all over it.

Oil is probably the last thing you would think of slathering on your own or your client's face in the hope of achieving a younger, more radiant complexion.

But as it turns out, new breakthrough oil formulas are boosting moisture, fighting wrinkles and reducing inflammation, often with the help of sophisticated additives like peptides, retinol and vitamin C, and without any harsh (or greasy) side effects.

Whether a client has oily, combination or dry skin, by regularly applying an appropriate oil their dermis will rebalance to a reveal a calmer, clearer and healthier-looking complexion.

Oils are especially important for dry and ageing skin, which can suffer from a lack of collagen and elastin. By incorporating oil into the daily skincare routine, results will be noticed quickly.

They deliver active ingredients deep into the skin without irritating the surface and create a dewy glow that lasts all day.

They can cleanse, moisturise, strengthen the skin's barrier function, keep hair shiny, cuticles soft, and be used as pure or carrier oils in relaxing and/or therapeutic massage. And lots more.

When you look at young, luminous skin, you are seeing skin at its healthiest; where cells are being held together by an abundance of oils.

As we age, we produce less of the oils that give skin a healthy glow. The aim is to add them back to your clients' skin with regular treatment and their home skincare routine.

When oils are applied, they instantly go to work to improve the lipid barrier function. More often than not, results will be seen from the first application. A healthy lipid barrier prevents dehydration by helping skin retain moisture.

Oils also act as a carrier for other active ingredients to penetrate into the lower levels of the epidermis. Pair an oil with retinol or an AHA and you will be amazed by the results.

So to our very own macadamia oil, extracted from the nut meat of the macadamia tree. The species began life 60,000 years ago in the rainforests of northern NSW. The crop was eventually propagated and cultivated in other parts of the world, notably the U.S. in Hawaii, California and Florida.

The Wonder Healer

In 2010, 20 female patients aged 81 to 96 underwent a Jindilli Promega-7 versus sorbolene study at the Alstonville Adventist Age Care facility in northern NSW.

Ten were given sorbolene and the other 10 Promega-7. Measurement criteria was based on skin condition, including occurrence of skin tears, pressure areas and infected locations. Treatments were recorded daily for 12 weeks.

A Skin Integrity Assessment (SI) score was calculated for each participant: 0 = healthy skin condition, 12 = poor skin condition.

The SIA score for the sorbolene users at the outset was 7.1 and 4.4 at the conclusion.

For the Promega-7 users, their SIA went from 6.7 to 2.6 - representing more than a 150 percent improved curative effect.

"After the end of the trial our residents continued using Promega-7 on a daily basis because the benefits were so overwhelming," says Tracie Ludlow, a therapy aide at the facility.

"The staff even buy it to take home for their families to use!"
JINDILLI.COM

There are more than six million macadamia trees in Australia, and the Northern Rivers Region of NSW is home to 8400 hectares of them.

What has emerged over 40 years since the industry began is a tight community of growers who are committed to their practice and to their product.

The region surrounding Ballina, Byron Bay, Alstonville and Bangalow is home to roughly 500 growers who work together as a community, funding research and development.

Local grower Ian Hotson says the farmers used to be called "nozzle heads", because of the amount of pesticides sprayed on the trees. But not anymore!

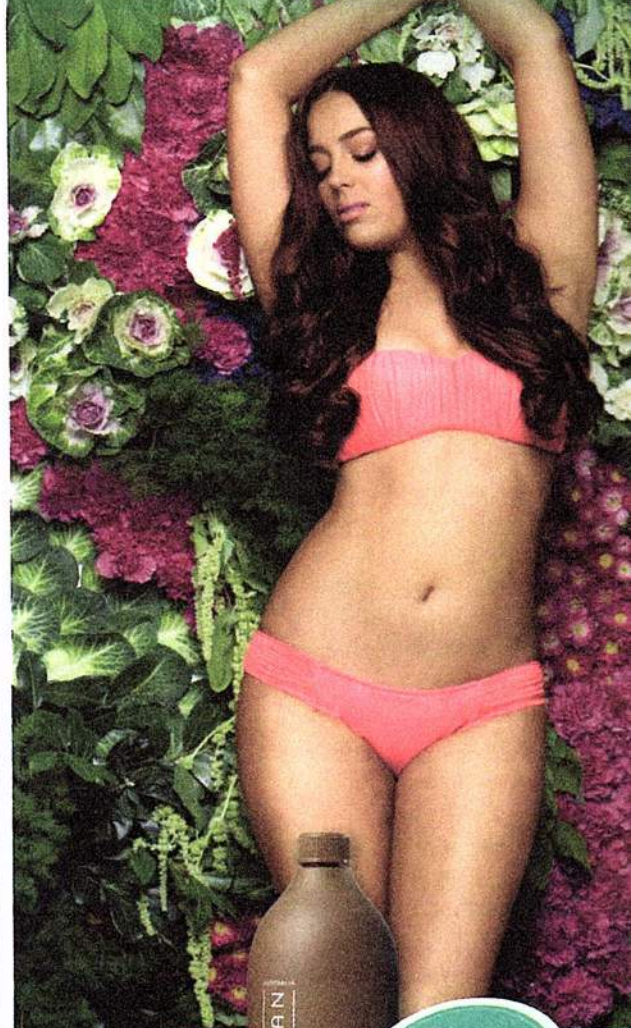
These days, the trees on his Thebian Farm are fed by a healthy compost made from a combination of the husk of the nut, wood chips from macadamia trees milled on-site and chicken litter.

Macadamia oil makes a superb beauty aid, according to Jacqui Hill, general manager of Australia's Jindilli Brands (formulators of cold-pressed macadamia-enriched products), because:

- It is the closest botanical match to natural skin oil.
- It contains omega 7 (palmitoleic acid), assisting with healing scratches, wounds, blemishes age spots and burns
- The macadamia shell, which is added to the oil, is rich in vitamin E
- It contains oleic acid, which softens and moisturises the skin as well as assisting with skin regeneration
- It also contains linoleic acid which restores the skin and creates a natural protective barrier
- Photo-sterols are also present which assist with reducing itchiness and redness
- It contains squalene, an antibacterial that also helps with cell regeneration, particularly in chapped or cracked skin.
- Macadamia oil is non-



AUSTRALIA



Use code 'ANNIVERSARY' and receive \$30 OFF store wide at www.nakedtan.com.au or call 1300 365 683.

WWW.NAKEDTAN.COM.AU

comodogenic, hypoallergenic, all-natural and extremely versatile

Macadamia nut oil, though more popularly used as a beauty aid, has manifold benefits when included in the diet – which in turn manifests in beautiful skin.

It has a properly balanced omega-3 to omega-6 fatty acids content as well, which is at one-to-one ratio.

Both are considered essential fatty acids, which simply means they are not manufactured by the body, and consequently have to be supplemented through the diet.

Omega-3 acts as an anti-inflammatory, while omega-6 functions more as a pro-inflammatory. It is for this reason a proper balance of these essential fatty acids has to be maintained - such as offered my macadamia oil - otherwise chronic diseases like rheumatoid arthritis, cancer and cardiovascular diseases may develop.

Macadamia nut oil is very rich in phytochemicals like squalene, tocotrienols and tocopherols. These compounds protect against oxidation of this edible oil, making it suitable for unrefrigerated storage for up to two years.

These very same phytochemicals, when ingested by including macadamia nut oil in your diet, help protect against oxidative stress to again prevent the development of oxidative stress-induced diseases.

One standout characteristic of macadamia nut oil is that it is rich in monounsaturated and polyunsaturated fatty acids while noticeably low in saturated fatty acids. This is what makes it heart-healthy, much like olive oil and coconut oil. As it turns out, such a fatty acids profile is capable of lowering the LDL cholesterol, otherwise known as the bad cholesterol, in the blood. 🌿

Oil Kinds

Almond oil: Provides the skin with exquisite, gentle nourishment.

Aloe Vera: The go-to for sunburn. Anti-inflammatory is its claim to fame, but aloe vera houses many antioxidants to help repair skin.

Argan: A super-moisturising but very light ingredient in hair and skincare.

Avocado: With fatty acids, vitamins E and A, you can find it in anti-ageing eye treatments, facial masks, conditioners, and even lip gloss to add hydration.

Bergamot: Citrusy in nature, it, can be used as a deodorant, is an antiseptic and helps to heal blemished skin.

Carrot Seed: Rich in beta-carotene, and therefore, antioxidants.

Calendula: An ingredient in many redness-reducing products for its anti-inflammatory, soothing benefits.

Chamomile: Has soothing properties for irritated skin.

Chia: Contains fatty acids, antioxidants and helps strengthen the skin surface.

Coconut: The oil is of often used to boost hydration and strengthen hair. Then, there's that whole oil-pulling trend that uses the ingredient, swished around in the mouth, to reduce toxins and bacteria.

Evening Primrose: Extracted from a flower and rich in fatty acids, it's used to soothe skin conditions such as eczema and dermatitis.

Flaxseed: Contains hydrating Omega 3s, flaxseed oil also helps reduce secretion, which can make pores appear smaller.

Grape Seed: A carrier oil renowned for its levels of vitamin E and omega-6, for

skin nourishment and regeneration. It also helps regulate the skin's own production of oils.

Jobba: Often found in moisturisers as it's very similar to the skin's sebum.

Lavender: A big mood booster, often used in aromatherapy practices and in lotions for its calming effect, lavender is antibacterial and anti-inflammatory.

Marula: Harvested in South Africa, its oil extract is filled with antioxidants - said to have more than argan oil - and fatty acids that protect, soften, and strengthen skin and hair, and is rich in vitamin C.

Olive: The heavy formula of olive oil is often used as a deep conditioner in hair masks and a hydrating ingredient in lotions and soaps.

Peppermint: Noted for its ability to soothe, it's also used for normalising oil production. The oil is anti-inflammatory, an antiseptic and helps reduce itching.

Pumpkin Seed: Gwyneth Paltrow extols its polyunsaturated fatty acids, natural antioxidants and vitamins, reportedly beneficial to both the hydration of skin and hair. It is also said that pumpkin seed

oil can help control acne and even out skin tone.

Rosehip: Rich in vitamin A, which can help promote collagen. Experts also say it may reduce facial redness, puffiness and the appearance of scars. It is deeply moisturising.

Sunflower Seed: A quickly absorbing and emollient effective for protecting and rehydrating dry skin due to the vitamin E it holds.

Tea Tree: Anti-bacterial, healing and gentle, it's commonly used on blemished skin; also on insect bites and cuts and other wounds.

Vitamin E: Restorative and replenishing, it promotes hydration, skin brightening and free radical-fighting and is ideal for extremely dry skin.

Wheat Germ: Derived from the wheat kernel, it's a great carrier of vitamins (including E) and nutrients.

Ylang-Ylang: Distilled from flowers, its floral scent is often added to body oils, perfumes and hair care products. In terms of hair, it is reported for its conditioning benefits.

