

Almond Oil Benefits for Hair & Skin – Therapeutic Pakistan

The fruit of the almond is a drupe, consisting of an outer hull and a hard shell with the seed, which is not a true nut, inside. Shelling almonds refers to removing the shell to reveal the seed. Almonds are sold shelled or un-shelled. Blanched almonds are shelled almonds that have been treated with hot water to soften the seed-coat, which is then removed to reveal the white embryo.

1. Promotes Flawless Skin



Asian

Almond oil is mild and has hypoallergenic properties which makes it great for sensitive skin too.

- It is best applied when it is at the same temperature as your body.
- Another reason **almond oil** is so good for skin is because it is rich in Vitamin E which is a very effective anti-oxidant.
- Apply the oil regularly and your skin will combat stress and UV damage with ease.

2. For Deep Cleansing Of Skin



Massage Skin

Almond oil is light in texture, and can easily penetrate deep into the skin, softening and dislodging the dirt and debris accumulated in the skin pores and hair follicles. This prevents blackheads and acne. Thanks to the Vitamin A content in the oil, it may even help reduce acne flare-ups.

Almond Oil can be safely used on sensitive skin as it is less likely to cause allergic reactions. It is excellent for removing makeup even from the tender area around the eyes. Dip a ball of cotton in the oil and apply it on the face. Allow to remain for 2 minutes and then gently wipe it off with a fresh piece of cotton.

It is easy to make a natural facial scrub with almond oil and fine sugar. Mix them together and apply on the face, working in circles to gently lift off grime and dead cells. Wash it off with water. Repeat it every week for beautiful, radiant skin.

3. Almond Oil also Removes Tan



Moisturizing skin

If you have dark circles and bags under your eyes, almond oil can come to your aid. Apply the oil every night before going to bed. You will see a noticeable difference in about two weeks.

Sun exposure can inflame the skin and cause pain and redness. Apply almond oil over these patches for quick relief. An unwanted tan can also be lightened with the oil. Mix one teaspoon of honey with a few drops each of lemon juice and almond oil. Rub it in with the fingers and leave it on for an hour. Wash it off with plain water.

4. To Treat Skin Rashes



Rashes Skin2

Skin rashes are very common in the nappy area of young kids wearing diapers. In adults too, skin may become inflamed from constant rubbing against hard materials, including underwear. Skin to skin friction also can result in chafed skin. This type of contact dermatitis can result in soreness and burning sensation. Doctors usually prescribe zinc-based ointments to reduce the inflammation.

Almond oil is a better alternative to these creams. For one thing, you don't have to worry about the chemical substances contained in commercial products irritating the skin further. Also, almond oil with its rich store of zinc is as good as any store-bought creams or lotions available.

Application is simple enough. Just dip three fingers in the oil and gently dab the oil on the affected area. Leave it on until all the oil is gradually absorbed into the skin. You can safely use almond oil on chafed skin anywhere on the body, even on baby skin, as long as you don't have a specific allergy to this oil.

5. To Control Hair Loss



Hair Nourishing

Every day we lose around a hundred hair strands, but it does not affect our total hair volume because of new hair growth that replaces the old. But if hair fall is heavier than normal, our scalp will show visible signs of thinning which can be very disturbing. Exposure to environmental pollutants, nutritional deficiencies, hormonal imbalance, and stress are main reasons for excessive hair loss.

Deficiency of magnesium and calcium in particular results in poor hair growth and hair loss. Zinc is another important mineral for healthy hair; its deficiency is known to cause alopecia, characterized by thinning of hair.

You need to use almond oil on a regular basis to control hair loss. Warm one tablespoon of oil and apply it to the scalp every night after your shower or bath. Rub it in gently until most of the oil is absorbed into the scalp. Leave it on overnight for best results. Eating a few almonds every day or mixing in a few drops of almond oil into your salad or smoothie will work from the inside to make your hair healthy.

6. For Long Shiny Hair



Hair Skin

Not only the scalp, but the hair shaft also can benefit from almond oil . The glands in the scalp produce an oily substance that forms a natural protective coating on each strand of hair. But hair can become too dry and brittle from frequent use of shampoos that strip the hair of these natural oils. This results in breakages and split ends that reduce the length of the hair.

Restore the protective oil layer by applying almond oil to your hair right after washing it with a gentle organic shampoo. First, dry the hair with a towel to remove excess moisture. Rub the oil between your palms and run your hand through the entire length of the hair to coat every strand evenly. Leave the hair to air dry naturally, combing occasionally with a wide-toothed comb to separate the strands. This treatment gives hair a nice sheen, besides making it manageable and tangle-free.

7. Almond Oil Strengthens and Repairs Hair



Hair Care

Using certain oils to treat hair can make it less prone to breakage and diminish split ends. The lubricating properties of nut oils, like almond oil, diminish friction during hair styling. A study on Brazilian nut oils (many of which contain oleic acid and linoleic acid, just like [Trusted Source sweet almond oil](#)) showed improvement in hair's resilience when it was treated with small

8. Almond Oil Could Make Your Hair Grow



Hair

There aren't clinical trials that prove that [almond oil](#) is effective in making hair grow. But here's what we do know: almond oil can make hair stronger and less prone to split ends, which means your hair growth won't be slowed by losing hair that becomes damaged. Almond oil contains high amounts of vitamin E, which is a natural antioxidant. When antioxidants combat the environmental stress around your hair, your hair looks younger and healthier.

9. Nourishes Hair



Shiny Hair

Almond oil softens hair while adding shine. This is because of its high content of fatty acids and proteins. The nutrients penetrate deep into the scalp and hair shaft, nourishing each strand of hair, making them glossy and strong. It is also relatively non-sticky and easy to wash off.

10. Reduces Signs of Ageing



Anti-Aging Skin

Ageing is natural but premature ageing isn't.

- With the aid of **almond oil** you can reverse the effects of skin ageing caused by exposure to factors like the sun, smoke as well as from dehydration.
- Additionally, using a nourishing product like Olay Regenerist Regenerating Day Cream with SPF 15 will make your skin look radiant and youthful.

To Check for Skin & Hair Product [Click here](#).....