



Benefits of Baobab Oil:

- Reduces inflammation and redness
- Evens out skin tone and pigmentation
- Acts as moisture barrier, preventing moisture loss and providing deep-level moisturisation
- Preserves skin elasticity through moisture retention

Scientific validation of baobab oil's benefits:

The oil has a long history of traditional use in Africa as a moisturizing oil, for direct application on skin, hair and scalp (references **1-3** below).

Baobab oil has significant levels of gamma-tocopherol (Vitamin E) (**4-5**).

Baobab oil is one of the few natural oils that contains Omega 3, Omega 6 and Omega 9 fatty acids. Known for its moisturizing abilities, clinical trials in Italy on cold-pressed baobab oil have shown that, after 4 weeks of use, significant improvements are seen in skin elasticity of subjects. (**6**)

The oil contains almost equal quantities of oleic acid, palmitic acid and linoleic acid (an essential Omega 6 fatty acid), as well as significant levels of the Omega 3 alpha-linolenic fatty acid.

Linoleic acid has been shown to be an important anti-inflammatory, anti-acne treatment and moisture retention agent in topical application, and health practitioners advocate the application of natural oils high in linoleic acid to the skin of premature babies to enhance the skin barrier function and minimize trans-epidermal water loss. (**7-11**)

Alpha-linolenic acid and linoleic acid are both Poly Unsaturated Fatty Acids (PUFA) which exhibit skin-lightening activity, lightening UV-induced hyper pigmentation of the skin. The mechanism of action is through the inhibition of melanin production in active melanocytes. (**12-13**).

Baobab oil is also rich in phytosterols, including beta-sitosterol, campesterol, stigmasterol and delta-5 avenasterol.

Because plant sterols have a similar structure to cholesterol they also have applications in cosmetic skin care. Cholesterol is an important component of the epidermal layer and is a contributor to healthy skin. Plant sterols have been shown to mimic the effects of cholesterol in the skin and provide increased elasticity and anti-wrinkling benefits and aid in the repair of damaged skin. (**14**) Many of the sterols present in baobab oil play this role.

One of the contributing factors in the aging of the skin is the breakdown and loss of collagen, primarily because of unprotected sun exposure. As the body ages, it cannot produce collagen as it once did. This was the subject of the clinical study by National Institute of Health of Germany. In this study, various topical preparations were tested on skin for 10 days. The topical treatment that showed the most anti-aging benefits to the skin was the one that contained phytosterols and other natural fats. The study further found that phytosterols not only stopped the sun-induced slow down of collagen production, it actually encouraged new collagen production. (**15**)

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