

The Benefits and Uses of Argan Oil

Need to improve your look? Try using Argan oil and see how it can give you great results for your skin and hair. Dubbed as miracle oil, this astonishing product is making headlines in the cosmetics industry because it seems to top the list of the most wanted cosmetic products.

Argan Oil

Argan oil is expensive oil because of its rarity. This oil can only be found in a tree that is endemic in Morocco which is the argan tree. Argan oil is plant oil that is made from the kernels of the argan tree and it is highly regarded because of its nourishing cosmetic and health benefits. That is why even if this essential oil is quite pricey; a lot of people are still willing to shell out their money just to get hold of this product.

The following are the many benefits of the argan oil:

1. Argan Oil is a natural hair protectant –Argan oil is common to a lot of professional people working in the salon because of the benefits it can give to the hair. Below is a summary of the benefits that argan oil can give to the hair.
 1. Argan oil promotes the good strength of the hair.
 2. It nourishes the total strength of new hairs and it doesn't enter the hair pores.
 3. It helps manage the hair by restoring their smoothness, stopping the tangles and eliminating the roughness.
 4. It strengthens the hair by ensuring the real glow of it is seen from roots to tips.
 5. Argan oil can be used on various dishes – Argan oil can used as cooking oil, a better alternative for olive oil. It can also be used as a condiment and makes a healthy ingredient for salad dressings. Due its nutritional components, many people want Argan oil to be a part of their healthy diet. Argan oil can effectively regulate a person's cholesterol level. And its anti- inflammatory properties have showed great developments in preventing and curing cardiovascular problems as well as reducing arthritis pains.
 6. Argan oil can do great wonders on the skin –Argan oil is rich in antioxidants so it has the ability to regress the signs of aging. Its restorative and ant- aging advantages have been the major reason of the increased demand of this product even though it is expensive. When applied to the skin, Argan oil can eliminate wrinkles and other skin degenerations. The presence of unsaturated fatty acids and Squalene on the Argan oil makes it's very effective in fighting free radicals that causes skin aging.
 7. Argan oil can cure many skin disorders –This is a great solution for dry skin. It helps freshen, soften and hydrate dry skin more than any other cosmetic products and creams. Argan oil has also the ability to diminish and eliminate stretch marks, acne scars and skin blemishes. Because of its anti-inflammatory properties, it has an effective treatment for acne, chicken pox and psoriasis. Just apply a generous amount of it on your body and face and you will eventually see how effective it is in improving your look and skin as well as in helping you achieve and healthy lifestyle.