

A microscopic view of numerous small, spherical oil droplets of varying sizes, some appearing as bright yellow spheres against a darker background, others as smaller, more numerous droplets. The droplets are scattered across the frame, creating a textured, bubbly appearance.

OILS AND THEIR BENEFITS AND USES

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AVOCADO OIL

BLACK CUMIN OIL

CAMELINA OIL

FLAXSEED OIL

GRAPESEED OIL

HAZELNUT OIL

HEMP SEED OIL

MUSTARD OIL

OLIVE OIL

PERILLA SEED OIL



SESAME OIL


SIBERIAN CEDAR OIL


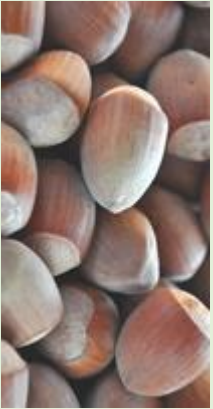
SOYA OIL



SUNFLOWER OIL






OIL	CU	HT	BENEFITS	USE
AVOCADO OIL 	✓	✓	<p>Main ingredients in avocado oil are monounsaturated fatty acids, vitamins E, K and B group, also vitamins A and C, lutein.</p> <p>Health benefits: It supports our immune system and has anti-inflammatory effects, which can help in reducing the symptoms of inflammatory conditions like arthritis and psoriasis. It is beneficial for eye health and helps to reduce oxidative stress.</p> <p>It aids in promoting better blood circulation, reducing inflammation, and supporting lower blood pressure levels. It combats excess weight.</p> <p>In cosmetology and hair care it serves as a good moisturizing and anti-aging agent. Avocado oil is sometimes used for promoting faster wound healing due to its ability to support skin regeneration and tissue repair. It can be applied to dry, cracked lips as a natural, soothing lip balm due to its hydrating and healing properties. The oil can be massaged gently around the eyes to help with puffiness and dark circles.</p>	<p>Avocado oil has a high smoke point (about 520°F or 271°C), making it excellent for high-heat cooking methods. It can be used for:</p> <ul style="list-style-type: none"> - Frying, grilling, or sautéing. - Stir-frying, baking, and roasting vegetables. - Salad dressings and drizzling over salads - It can be used as a replacement for butter or other oils in cooking or baking to provide a healthier fat option in dishes like scrambled eggs, roasted vegetables, or baked goods. - Smoothies, to improve nutrient absorption and provide a creamy texture. - Marinades for meats, seafood, and vegetables to enhance flavor and tenderness.
BLACK CUMIN OIL 	✓	/	<p>Black cumin oil is known as black seed oil or nigella sativa oil. Its main ingredients are antioxidant thymoquinone, minerals calcium, potassium, phosphorus, magnesium, iron, zinc, copper, vitamins B1, B2, B3 and folate.</p> <p>Health benefits: It offers support to our immune system and helps fight infection. It is distinguished by anti-inflammatory and anti-oxidant properties. Our gastrointestinal health improves because black cumin oil has anti-microbial effects and it reduces issues such as bloating, indigestion, stomach ulcer. This oil is known for its positive effects on treating asthma, bronchitis, coughs. It detoxifies liver and thus improves its health. It is beneficial for our nervous system and eyesight.</p> <p>In cosmetology and hair care it may aid to skin health by treating eczema, acne, psoriasis, irritated and dry skin. It is good at balancing sebum production, preventing both dryness and excess oil. It may be used in under-eye treatment, removing puffiness.</p>	<p>Black cumin oil is used for its flavor which is distinctive, slightly bitter and peppery. It is popular to use it with meats, curries, rice, bread. If you like its flavor you can use it for:</p> <ul style="list-style-type: none"> - Sauteing, stir-frying. - Drizzling over grilled dishes. - Baked goods. - Salad dressings, with lemon, garlic, herbs. - Sauce preparation. - Marinades for lamb, chicken, fish.



OIL	CU	HT	BENEFITS	USE
CAMELINA OIL	✓	✓	<p>Main ingredients of camelina oil are omega 3 fatty acids, vitamin E, polyphenols.</p> <p>Health benefits: It relieves stomach problems and may help in weight management, takes care of the blood vessels and our heart, reduces cholesterol level. It plays a role in the formation of the meninges, treats inflammation of the mucous membranes, has antioxidant properties, reduces the risk for arthritis, inflammatory bowel disease. Camelina oil is beneficial for our brain function, it improves memory, focus, mood.</p> <p>In cosmetology and hair care it may add to youthfulness of the skin, treatment of irritated skin, acne treatment, lip care and hair care.</p>	<p>Camelina oil is very healing. Although it can withstand high temperatures it is better to use it in cold preparation of dishes because in this way we can benefit from its healing effects. It can be used for:</p> <ul style="list-style-type: none"> - Salad dressings. - Drizzling over roasted vegetables, grilled meat, pasta dishes. - Finishings. - Smoothies to boost their nutrient content. - Baking cakes, cookies, muffins. - Frying, roasting, stir-frying, sauteing, grilling. <p>For salads, dips, cooked pasta, stews, even a teaspoon can be eaten fasting, it has a slightly spicy taste, similar to horseradish.</p>
FLAXSEED OIL 	✓	/	<p>Main ingredients of flaxseed oil are omega 3 fatty acids, lignans, minerals phosphorus, zinc, magnesium, copper.</p> <p>Health benefits: It cares for our hearth health by reducing inflammation, regulating blood pressure, improving blood vessel function. Reduction of inflammation may help people who suffer from arthritis, inflammatory bowel disease. It removes parasites, promotes bowel movement and thus improves our digestive health. Due to lignans it may be of help to women during menopause period and may reduce menstrual issues. According to some experts it regulates appetite and thus prevent obesity.</p> <p>In cosmetology and hair care it is distinguished by its anti-aging properties, acne, eczema and psoriasis treatments. It promotes shiny healthy hair, reduces dandruff, improves hair texture and is found in hair serums and masks.</p>	<p>Flaxseed oil has a relatively short shelf life. It does not like high temperatures so it is not used in heat treated dishes. It can be used in:</p> <ul style="list-style-type: none"> - Salad dressings. - Dips. - Smoothies. - Drizzling over food. <p>It is added to salads and various drinks such as smoothies, morning grains and has a very mild taste.</p>



OIL	CU	HT	BENEFITS	USE
<p>GRAPE SEED OIL</p> 	✓	✓	<p>Main ingredients of grapeseed oil are polyunsaturated fatty acids, vitamin E, polyphenols.</p> <p>Health benefits: It treats vascular diseases, regulates circulation and blood sugar. It supports heart health and eye health. It improves the condition of our skin and helps us to manage our weight. It has anti-inflammatory effects and may help people who suffer from arthritis and asthma.</p> <p>In cosmetology and hair care it may aid to under-eye treatment. This means that it reduces puffiness and dark circles around our eyes. It is a good moisturizing agent for our skin and helps in rejuvenating our skin. Because it is light and non-greasy and has pleasant scent it is good for massage, relaxing and nourishing our skin. Grape seed oil may benefit our hair health as well.</p>	<p>Grapeseed oil can be used for:</p> <ul style="list-style-type: none"> - Cooking, sauteing, frying, stir-frying. - Baking. - Salad dressings, together with vinegar, mustard, lemon. - Marinades for vegetables, meats, poultry, fish, to tenderize and provide smooth base for flavorings such as herbs, garlic, citrus. - Drizzling over roasted vegetables, cooked grains. - Smoothies, for better absorption of fat-soluble vitamins from fruits and vegetables.
<p>HAZELNUT OIL</p> 	✓	✓	<p>Main ingredients in hazelnut oil are monounsaturated fatty acids, vitamin E, vitamins of B group, minerals magnesium, potassium,</p> <p>Health benefits: It promotes good heart health, aids in healthy blood circulation, protects the lungs. It reduces inflammation and thus protects cells from damage. It can be of help to people who suffer from arthritis and inflammatory skin issues. When consumed in moderation it can support digestive system health. It may improve collagen formation.</p> <p>In cosmetology and hair care it may aid in hydrating the skin, anti-aging treatments, acne treatment, reducing dandruff. Hazelnut oil is used as massage oil and is distinguished by offering muscle tension relief, deep hydration and relaxation.</p>	<p>Hazelnut oil is appreciated for its light nutty flavor. It can be used in:</p> <ul style="list-style-type: none"> - Salad dressings. - Drizzling over salads, roasted vegetables, pasta. - Marinades, it goes well with balsamic vinegar, herbs. - Dips, hummus, pesto. - Sauces. - Smoothies for nutrient boost.

OIL	CU	HT	BENEFITS	USE
HEMP SEED OIL 	✓	/	<p>Main ingredients of hemp seed oil are polyunsaturated fatty acids, vitamin E.</p> <p>Health benefits: It is beneficial for skin health and may improve conditions such as atopic dermatitis (eczema), psoriasis and acne. It cares for our heart and may help people who experience hypertension. It has anti-inflammatory effects and soothes pain. Due to the effects of gamma-linoleic acid, the following conditions may be relieved: inflammatory bowel syndrome, arthritis and multiple sclerosis. It supports mental wellbeing. Not recommended for people with low blood pressure.</p> <p>In cosmetology and hair care it may aid to the skin hydration, better complexion and elasticity. It can strengthen hair, improves its shine, reduces dandruff. Nails and lips may also benefit from hemp seed oil.</p>	<p>Hemp seed oil can be used in:</p> <ul style="list-style-type: none"> - Salad dressings, usually in combination with other cold pressed oils such as olive oil. - Drizzling over vegetables, pasta, grain dishes, to enhance flavor. - Smoothies and shakes. - Dips, such as hummus, pesto, guacamole. - Sauces. - Vegan meals, to increase their nutritional value. <p>The ratio between omega 3 and omega 6 fatty acids is 1 : 3, and this is good for health.</p>
MUSTARD OIL 	✓	✓	<p>Main ingredients in mustard oil are unsaturated fatty acids, glucosinolates, vitamins A, C, K, mineral calcium.</p> <p>Health benefits: It plays a role in reducing inflammation, improving heart health, and supporting brain function. It has antibacterial and antifungal effects, making it efficient in combating bacterial and fungal infections. Mustard oil can help stimulate the digestive system, improve appetite, and alleviate constipation. It helps protect the skin from free radical damage and supports collagen production and healthier connective tissue. Consuming mustard oil in small quantities can help stimulate the digestive system and improve metabolism.</p> <p>In cosmetology and hair care it can be used as a natural moisturizer to hydrate dry skin. Massaging it into the scalp can help prevent dandruff and reduce hair loss. Mustard oil is commonly used in traditional massage therapy due to its warming properties. It can help relax muscles, relieve joint pain, and improve blood circulation when applied to the skin.</p>	<p>Mustard oil is commonly used in Indian, Bangladeshi, and East Asian cooking, especially for frying, sautéing, and in pickling. It has a distinctive pungent flavor and high smoking point, making it ideal for high-heat cooking. Its strong flavor adds a unique taste to salads and fresh vegetables.</p> <ul style="list-style-type: none"> - Enhancing flavor, it adds depth to dishes like curries, stews, stir-fries, and grilled meats. It's often used to finish off a dish or in marinades to impart a bold flavor. - Pickling, its strong, tangy flavor helps preserve the vegetables and fruits, while also adding a zesty kick to the pickles. - Salad dressings, especially when paired with lemon juice, vinegar, or honey.

OIL	CU	HT	BENEFITS	USE
<p>OLIVE OIL</p> 	✓	✓	<p>Main ingredients in olive oil are unsaturated fatty acids, vitamins E, K, polyphenols, oleocanthal.</p> <p>Health benefits: It has anti-inflammatory properties, anti-oxidant effects, it supports heart health by reducing blood pressure, improving blood vessel function, circulation, and decreasing triglycerides. Olive oil may reduce the risk of Type 2 Diabetes. It supports our brain function, our digestion (with anti-bacterial properties) and our bone health, as well as our joints. Due to its role in satiety and metabolism, it may help in weight management and thus reduce obesity. The consumption of olive oil improves mood and mental health (for instance, it has beneficial effects in treating depression).</p> <p>In cosmetology and hair care, it may add to hydration, softness and elasticity of the skin. It is a useful ingredient of facial moisturizing products, body lotions and oils, lip balms, makeup removals, and home-made scrubs. It can reduce redness of sensitive skin and aid regeneration of the skin. Tired hair may benefit from olive oil – it restores shine, strength. Nail products nourish cuticles and prevent dryness and cracking of nails. It is an excellent addition to a cohesive wellness routine.</p> <p>For an avocado-olive oil salad dressing, mix avocado, garlic, parsley, lime juice. Add olive oil and additional herbs and seasonings, according to your taste. You may add seeds, such as sesame seeds.</p> <p>This salad dressing is suitable for a mix of leafy greens like spinach, arugula, lettuce, and kale, with cucumber. The creaminess of avocado pairs well with the crunch of fresh veggies.</p> <p>Or, you can enrich the flavor of a pasta salad with vegetables, such as cherry tomatoes, olives, and bell peppers.</p> <p>Another healthy salad with avocado-olive oil dressing is a high protein salad with meat and eggs: make a bowl of lettuce, chicken, bacon, boiled eggs, corn, tomatoes. Adding avocado-olive oil dressing provides extra creaminess and healthy fats.</p>	<p>There are olive oils of different quality. The healthiest olive oil is extra virgin olive oil made of cold pressed olives. Next, there is virgin oil, made of first-press olives, with a slightly higher acidity. Refined olive oil is of lower quality and is used mainly in frying and sauteing. Light virgin oil refers to light flavor and not less calories, it is highly refined.</p> <p>Olive oil can be used for:</p> <ul style="list-style-type: none"> - Salad dressings, together with vinegar, lemon, garlic, mustard, herbs. - Marinades – as a base in marinades for fish, meats, vegetables, to tenderize. - Drizzling over roasted vegetables, grains, salads, hummus. - Dips for vegetables, potato or corn chips. - In smoothies for nutrient boost. - Baking cakes, muffins, bread – it is good in Mediterranean desserts and baked goods. - Roasting and grilling where it prevents sticking and adds flavor and moisture.

OIL	CU	HT	BENEFITS	USE
<p>SUNFLOWER OIL</p> 	✓	✓	<p>Main ingredients in sunflower oil are monosaturated fatty acids, vitamin E.</p> <p>Healthy benefits: It has anti-oxidant properties, anti-inflammatory properties. It promotes healing, and reduces signs of aging by hydrating and nourishing the skin. However, we must be aware that it needs to be consumed in moderation.</p> <p>In cosmetology and hair care it is applied as hydrating agent, helping the skin without clogging its pores. Sunflower oil is often used as a natural conditioner. It helps improve hair strength and shine, reduces frizz, and may even prevent dandruff by nourishing the scalp. Due to its light texture and absorption properties, sunflower oil is often used in massages to soothe and relax muscles.</p>	<p>Refined sunflower oil can withstand thermal treatment. It has a high smoke point (around 440°F/225°C), making it ideal for high-temperature cooking methods like frying, grilling, and sautéing. In cold use with salads, smoothies, dips, use unrefined cold pressed sunflower oil.</p> <ul style="list-style-type: none"> - Frying, grilling, and sautéing. - Baking, a great substitute for butter or other fats in baking, providing moisture to cakes, muffins, and other baked goods. - Salad Dressings and Sauces, due to its light texture and ability to blend well with other ingredients. <p>*As sunflower oil contains a lot of omega 6 fatty acids, it is recommended to consume it in moderation. Too much omega 6 fatty acids can cause inflammation.</p>
<p>SESAME OIL</p> 	✓	✓	<p>Main ingredients in sesame oil are antioxidants sesamol and sesamin, vitamin E, minerals Calcium, Magnesium, Zinc, unsaturated fatty acids.</p> <p>Health benefits: It has anti-inflammatory properties, that is why it may help to treat arthritis. It is good for people who experience hypertension as it regulates blood pressure. Due to high content of minerals, it aids bone health and has a role in preventing osteoporosis and bone degeneration. It soothes rheumatism, cares for skin and joints, cures anemia, insomnia and removes parasites. Its health benefits influence our heart health and our liver health.</p> <p>In cosmetology and hair care it may add to moisturizing, soothing and healing our skin. Regular application may improve our hair texture. In Ayurvedic treatments it is used for massage as it helps to relax our muscles, improve circulation and detoxify the body.</p>	<p>It has a nutty flavor, a wide range of uses, and is mainly used in wok dishes. It can be used in:</p> <ul style="list-style-type: none"> - Stir-frying, sauteing, deep frying. - Baking, as addition in bread, cookies, muffins. - Salad dressing, it matches well with soya sauce, rice vinegar and sesame seeds. - Marinades for fish, meats, tofu. - Dips for sushi and dumplings. - Drizzling over humus. <p>It is popular in Asian cuisine and it creates savory aromatic flavor.</p>

OIL	CU	HT	BENEFITS	USE
<p>SIBERIAN CEDAR OIL</p> 	✓	/	<p>Main ingredients in Siberian cedar oil are unsaturated fatty acids, vitamin E.</p> <p>Health benefits: It has anti-inflammatory and anti-oxidant properties which contribute to reducing the damage of cells and fighting aging process. It cares for our heart health by lowering cholesterol levels, improving blood circulation, and reducing the risk of cardiovascular diseases. It removes heavy metal salts, improves skin health, relieves digestive problems, melts fat and regulates appetite.</p> <p>In cosmetology and hair care it aids to soothing irritated skin, treating eczema, acne, and other skin conditions. Due to its high content of fatty acids, Siberian cedar oil is a powerful natural moisturizer that helps hydrate and soften the skin. It can be used in facial creams, body lotions, and balms. Siberian cedar oil is often used in hair care products to reduce dandruff, nourish and strengthen hair, prevent hair loss, and add shine. It can help soothe the scalp, reduce dandruff, and enhance overall hair health.</p>	<p>Siberian cedar oil is particularly suitable for:</p> <ul style="list-style-type: none"> - Cold dishes like salads, dressings, and dips, smoothies. - Drizzling over dishes like pasta, vegetables, or roasted meats to add a unique, nutty taste. - Baking, for desserts, adding depth and a pleasant nutty flavor to cakes, cookies, and pastries, when they are not done at high temperatures.
<p>PERILLA SEED OIL</p> 	✓	✓	<p>Main ingredients in perilla seed oil are omega 3 fatty acids, polyphenols and flavonoids.</p> <p>Health benefits: It helps improving our heart health and brain function. Perilla seed oil helps to lower inflammation in the body, making it beneficial for conditions such as arthritis, asthma, and other inflammatory disorders. Our respiratory system may have benefits from consuming this oil.</p> <p>In cosmetology and hair care perilla seed oil's fatty acids and antioxidants support skin health, helping to prevent dryness, irritation, and the development of wrinkles. It can also be beneficial for maintaining healthy hair and scalp.</p>	<p>Perilla seed oil is popular in Korean and Asian cuisine. It has mild, nutty flavor and can be used for:</p> <ul style="list-style-type: none"> - Drizzling over cooked dishes. - Salad Dressings, - Marinades for meats, fish, and vegetables. The oil's delicate taste complements fresh greens and light dishes. - Smoothies and shakes - Baking, for muffins, breads, and cookies. - Sautéing, stir-frying.

OIL	CU	HT	BENEFITS	USE
SOYA OIL 	✓	✓	<p>Main ingredients in soya oil are unsaturated fats (in particular polyunsaturated fatty acids), vitamin E, vitamin K, isoflavones.</p> <p>Health benefits: It helps lower the LDL, it is hearth healthy, reduces inflammation, improves brain function, eyesight, thyroid, and adds to bone health. It is good for women’s health as it regulates hormonal balance. It prevents atherosclerosis and may help to managing our weight.</p> <p>In cosmetology and hair care it may add to the hydration of the skin, making it smooth and soft. It helps to soothe irritated and inflamed skin conditions (eczema, rosacea). It may help in reducing dark spots. It is non-comedogenic and therefore suitable for acne treatment. It nourishes and conditions the hair and promotes its growth. The lip products containing soya oil leave the lips soft and moisturized, while the nail products nourish cuticles and prevent dryness and cracking of nails.</p>	<p>It has mild, neutral flavor. Soya oil can withstand high temperature therefore it is suitable for:</p> <ul style="list-style-type: none"> - Frying vegetables, chicken, French fries. - Sauteing. - Stir-frying vegetables, tofu, rice. - Baking cakes, cookies, muffins. <p>It is used for salad dressings, usually mixed with vinegar, lemon juice. In marinades it helps tenderize meats and vegetables. In sauces it serves as a base, including gravies and condiments.</p> <p>*As soya oil contains a lot of omega 6 fatty acids, it is recommended to consume it in moderation. Too much omega 6 fatty acids can cause inflammation.</p>
WALNUT OIL 	✓	/	<p>Main ingredients in walnut oil are omega 3 fatty acids, vitamin E, polyphenols</p> <p>Health benefits: It has beneficial effects on our heart health as it improves blood circulation, improves blood vessel function and reduces bad cholesterol. It may help to ease conditions such as asthma, arthritis and other inflammatory diseases. It stimulates bowel movements, kills intestinal parasites. Our brain health may also benefit from consuming walnut oil as it stimulates cognitive function, memory and protects against Alz. Due to its anti-oxidant effects our cells are protected from damage.</p> <p>In cosmetology and hair treatment it may aid to the look of our skin whose elasticity improves. It does not leave greasy residue and it is easily absorbed, so it can be used for massage. During massage its health promoting effects relieve muscle tension, hydrate the skin and induce relaxation.</p>	<p>Walnut oil acts as flavoring agent in salads, pasta, vegetables, roasted meats. It can be used for:</p> <ul style="list-style-type: none"> - Salad dressings, with balsamic vinegar, mustard and herbs. - Drizzling over baked potatoes, fish, vegetables, fruit. - Marinades for meat, poultry, tofu, with the addition of herbs, garlic, citrus. - Smoothies, to boost their nutrient value and help in absorption of fat-soluble vitamins. - Cold fillings, for instance for filling egg halves. <p>Good omega 3 : omega 6 fatty acid ratio makes it excellent for health.</p>



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