

## **Sea Buckthorn: *Hippophae rhamnoides*** **Certified Organic Sea Buckthorn Seed Oil** **Origin: Tibet**

Ever since the Himalayas were formed, the resilient Sea Buckthorn has endured the unforgiving weather conditions of the Tibetan highlands.

This hardy plant produces intensely nutritious berries that cluster on its thorny branches like brilliant orange jewels. Sea Buckthorn contains over 190 bioactive nutrients that are essential for health and it has been praised as the “Most Perfect Plant in the Whole World”.

The botanical name *Hippophae rhamnoides*, translates to “The Shiny Horse” because, according to ancient legend, weakened war horses were set free in nature to die and, after grazing in Sea Buckthorn forests, they returned home very healthy and strong with shiny, radiant coats.

Harvesting the Sea Buckthorn fruit is difficult because of the dense thorn arrangement between the berries on each branch. The tangerine coloured berries are carefully picked by the local Tibetans using strong gloves to protect their hands from the sharp thorns on the hardy bushes. The seeds are separated from the fruits and the fruit pulp is used to make other nutritionally rich food products.

Love Sea Buckthorn Seed Oil is extraordinarily rich in Vitamin E – up to 230mg/100g making it a valuable nourishing, restorative and regenerating skin moisturiser.

Endowed with essential fatty acids and antioxidants, this oil revitalises damaged and compromised skin, helps preserve skin cells from the ravages of time, protects the skin’s integrity from harmful elements and promotes skin regeneration and hydration.

Because of its synergistic content of essential fatty acids, when taken internally, this oil helps bring harmony and symmetry to feminine imbalances.

Love Sea Buckthorn Seed Oil is sourced directly from the primary producer in Tibet to ensure that it is in its purest form, unaltered and true to nature. Organic certified by USDA.

## **Qualities**

- Extraordinarily rich in Vitamin E – up to 230mg/100g
- Nutritionally rich with high levels of perfectly balanced essential fatty acids, antioxidants, vitamins and phytosterols
- Jam packed with antioxidants, vitamins and phytosterols

## **Instructions For Use**

Love Sea Buckthorn Seed oil can be used as a skin oil or taken as a health maintenance food oil.

However, as with all herbal oils, caution should be exercised. Avoid taking during pregnancy and for prolonged periods, no more than 3 months at a time. More is not better, 10-20 drops a day will keep your body happy.

This oil soothes and brings cooling relief to hot, reddened and inflamed skin and strengthens capillaries.

With such high levels of Vitamin E, this oil is a regenerating skin moisturiser – revitalising dry, damaged and compromised skin.