

## BENEFITS OF MACADAMIA NUT SEED OIL: ANTI-AGING ANTIOXIDANTS

Macadamia oil **nourishes the skin and is great at moisturising**. Containing high oleic, linoleic and palmitoleic acid, it's been found beneficial in treating stretch marks, prevent chapping and reduce scars. It has also been known to help smooth and repair dry hair.

### Macadamia Ternifolia Seed Oil

Macadamia seed oil is a pale yellow oil with a mild odour derived from the nuts of the Macadamia tree (*Macadamia ternifolia*).

Macadamias are a group of evergreens native to Australia, but cultivated commercially in other countries including New Zealand, US States Hawaii and California, China, Brazil and South Africa. Trees grow up to 15 meters tall, with large glossy green leaves, and produce extremely hard-shelled nuts containing one or two edible seeds. Macadamia nuts are a valuable food crop, prized for their flavour, high calories and nutrient density - being particularly rich in essential nutrients thiamine, vitamin B6 and manganese.

Macadamia seed oil is produced by cold-pressing the harvested shelled nuts - further processing techniques can be used to yield additional oil from the nut meal. The oil is rich in beneficial monounsaturated fatty acids, including oleic acid (omega-9) and palmitoleic acid (omega-7), and can be used in personal care products as an emollient to deeply nourish hair and skin.

Botanical name: *Macadamia ternifolia*

Other names: Macadamia (*Macadamia Ternifolia*) Nut Oil, Macadamia Ternifolia Oil, Macadamia Oil

Main constituents (fatty acids): Oleic Acid, Palmitoleic Acid, Palmitic Acid, Stearic Acid, Arachidic Acid, Gadoleic Acid, Linoleic Acid, Myristic Acid

INCI Name:

Macadamia Ternifolia Seed Oil

Ingredient origins:

Macadamia Nut

Role:

Emollient

Common name:

Macadamia Ternifolia Seed Oil



Flavonoids, antioxidants, and the right balance of essential fatty acids are just a few of the many anti-aging skin benefits of [macadamia nut seed oil](#).

The oil of macadamia nuts is similar to your skin's natural sebum and hydrates without clogging pores. This anti-aging oil absorbs, deeply soothes, moisturizes, and helps to heal scars, sunburn, and dry patches for that fresh, firm look that we are hoping to achieve.

Full of [antioxidants](#) and other wellness benefits, macadamia nut seed oil fights free radicals that cause oxidative damage. Oxidative damage breaks down the protective skin barrier and we experience premature aging and disease.

Macadamia nut seed oil is also a good source of palmitoleic acid (omega 7), another powerful antioxidant that supports healthy cell membranes, hydrates the skin, and speeds healing.

Let's take a close look at the benefits of macadamia oil and why this elixir is useful in skincare.

## ANTI-AGING SKIN BENEFITS OF MACADAMIA NUT SEED OIL

Some people go so far as to refer to macadamia nut seed oil as the reigning king of beauty products. Here are six reasons why you should be using macadamia nut seed oil:

- **Won't Clog Pores.** Macadamia nut seed oil closely mimics the natural sebum of your skin, so there's already an innate affinity with the epidermis. It's non-comedogenic, meaning it won't clog pores.
- **Hypoallergenic.** Macadamia nut seed oil is hypoallergenic, which means it doesn't irritate sensitive skin, nor will it clog pores.
- **Renewal.** Macadamia nut seed oil contains squalane and omega 9 oleic acid. Together, they assist with cell regeneration while they also soften and hydrate. Squalane is a lighter, more absorbable, [but very powerful moisturizer](#). Squalane can also be used in its isolated form for all skin types, even acne-prone or oily skin.

- **Antioxidants.** Macadamia nut seed oil has vitamin E, which is both an antioxidant AND essential nutrient. Vitamin E neutralizes free radicals to protect skin and transports nutrients and water throughout the body. It's also an emollient to hydrate and heal.
- **Soothing.** Macadamia nut seed oil contains phytosterols. They are, says the [Linus Pauling Institute at Oregon State University](#), plant substances full of anti-inflammatory properties, and they assist with everything from skin to cancer to heart health. They also lower cholesterol. Ancient diets were high in phytosterols, but the current Western diet is not. In skin care, phytosterols are used to calm itchiness and redness.
- **Hydrating.** Macadamia nut seed oil is a light, non-greasy, and penetrating emollient. It hydrates and is excellent for dry and mature skin types that experience a reduced production of natural sebum.

## IMPORTANCE OF MACADAMIA NUTS' ESSENTIAL FATTY ACIDS IN ANTI-AGING

Fatty acids are vital to a good moisturizer, and the word "hydrate" is the anti-aging warrior's best friend; topical application has even been shown to [prevent ulcers](#) on the skin.

We're all born with a natural skin barrier. That barrier hydrates as needed, keeping skin supple and youthful. Antioxidant properties protect from environmental stress, which deteriorates the barrier over time. As a result, we lose moisture and become dry and flaky. Allergens, bacteria, and other undesirable substances can more easily make their way into skin, resulting in itching, infection, and inflammation and further breakdown of the protective barrier.

Macadamia nut seed oil is packed with essential fatty acids including omega 6 linoleic acid, to hydrate and help balance sebum production in oily skin and create natural barrier protection.

Macadamia nut seed oil also contains omega 7 or palmitoleic acid, beneficial for wound healing, scratches and burns, as well as omega 9 oleic acid which softens and soothes.

## HOW PROBIOTICS PROTECT SKIN

Probiotics are microorganisms that live in and around our bodies, and we each have an individual assortment, called our microbiome. These are the "good bugs" and "bad bugs." A healthy balance gives us overall wellness. We associate microbiome with the gut, but researchers found that skin has a specialized [microbiome](#), too.

When our skin microbiome is in balance, our complexion will be dewy, youthful, and plump. Antioxidants protect the skin barrier which can properly hydrate. The appearance of fine lines and

wrinkles is diminished. Sensitive, irritated skin is calmed. Dryness, and that accompanying tight, uncomfortable feeling, is eliminated.

Probiotics also work synergistically with other skincare ingredients. They end up creating even more "good stuff," such as hyaluronic acid, peptides, vitamins, and ceramides.

Probiotics are the ultimate anti-aging ingredient. They hydrate, protect, and heal. As a result, your skin becomes radiant and vibrant, with diminished lines and wrinkles.

## NON-COMEDOGENIC SKIN BENEFITS OF MACADAMIA NUT SEED OIL

When something is non-comedogenic, it means that it doesn't cause blackheads and pimples. There's even a comedogenic scale; macadamia nut seed oil rates a 2 out of 5, which is low. Literally, it means "won't cause breakouts for most people."

On the surface, one may wonder how something can be both an oil AND non-comedogenic. In the case of macadamia nut seed oil, the oil has the right balance of essential fatty acids, so only the good is emphasized.

## A WORD ABOUT CARRIER OILS

If you've ever had a massage, chances are you've heard the therapist mention the phrase "carrier oil." Macadamia nut seed oil is a carrier oil and that means exactly how it sounds, it "carries" nutrients and other great ingredients to skin for better absorption.

That's important in anti-aging because it ensures you get all those nutrients. Carrier oils are usually derived from the nuts and seeds, such as almond or macadamia nut seed oils. They can be used either by themselves or with another oil. They tend to have very little smell, and often may be used in skincare products.

## DIETARY MACADAMIA NUT SEED OIL: ANTIOXIDANTS! HYDRATION! ANTI-AGING EFFECTS!

Beauty comes from the inside out so our skin mirrors our internal wellness. Remember also that the skin is our largest organ, but it's not necessarily considered to be the most important one by the body. By the time nutrients are sent to the other, more vital organs, there may not be much left for the skin. Take an "insurance" policy and makes sure skin gets enough by both applying and consuming.

Foods high in fat sometimes get a bad rap, but there are such things as healthy fats, such as nuts and seeds. They all have numerous wellness properties and this is what you can expect from the nut when you consume them, because they:

- Provide a rich source of vitamin A, iron, protein, thiamin, riboflavin, niacin, and folates. Minerals include copper, calcium, phosphorus, potassium, selenium, and magnesium. Macadamia nuts contain antioxidants like polyphenols, as well as amino acids and flavones.
- Aid cardiovascular health and lower blood pressure. That's because they're rich in fiber, as well as minerals like magnesium and potassium. We also have to mention here the high content of beneficial fatty acids. Omega-3 and omega-6 fatty acids are properly balanced.

The high oleic acid (omega 6 fatty acid) content makes it important for re-balancing your cholesterol levels and actually reducing the levels of [triglycerides](#) (fat in the blood). Triglycerides clog arteries and raise your risk for [atherosclerosis](#), heart attacks, and stroke, and are good sources of calcium, magnesium and potassium.

- Support gut health. Both soluble and insoluble fiber remove toxins and help digestion.
- Decrease inflammation.

Macadamia nuts also relieve stress, boost immunity, aid brain function, energize, improve metabolism, and may assist in weight management. Most of all, they help keep us young! In addition to using the oil on your body, eat up to reap more rewards!

## SKIN BENEFITS OF MACADAMIA NUT SEED OIL: ANTI-AGING HYDRATION AND OVERALL WELLNESS

There are multiple skin benefits of macadamia nut seed oil. Use it as a facial and body cleanser, moisturizer, or under eye treatment. Because it's so naturally pure and non-comedogenic, macadamia nut seed oil can hydrate without clogging pores or causing breakouts.

Macadamia nut seed oil is a very capable anti-aging ingredient, full of antioxidants, essential fatty acids, and other nutrients to nourish, hydrate, and protect the skin.