

[Argan Oil](#) » Argan Oil's Chemical Components

Argan Oil's Chemical Components

Argan oil has a unique, rich and complex chemical composition. Argan oil has traditionally been used for hair, skin and nail care, massage, curing stretch marks and the treatment of various dermatological conditions. Such multitasking is possible only due to the presence of various chemical and biological components. Argan oil contains essential unsaturated fatty acids in abundance. Besides it contains sterols, polyphenols, ferulic acid, linoleic acid and considerably high levels of Vitamin E. All these components separately or in synergy with each other perform multitude of functions that are associated with Argan oil. Let's have a closer look into some of these very important components in Argan oil and see how they work to benefit human body.

Essential Unsaturated Fatty Acids

Fatty acids are necessary for human body in many ways, but they are not synthesized by the body. Therefore they can only be obtained through some external means like diet or oil treatment such as Argan oil. Luckily enough Argan oil contains as much as 80 % of essential fatty acids in its overall composition. All the fatty acids present in Argan oil have antioxidant and moisturizing properties. They are vital for manufacturing and repairing cell membranes. They are also instrumental in obtaining optimum nutrition as well as in excreting harmful waste materials. These fatty acids regulate the sebum production by sebaceous glands and go in the formation of prostaglandins. These essential fatty acids are all important for the regulation and maintenance of healthy skin and prevention of premature aging signs.

Prostaglandins

As said earlier prostaglandins formed from fatty acids under enzyme action within the cell, are important in catalyzing numerous processes. They are anti-inflammatory and have a bearing on overall cell development and growth.

Vitamin E

Importance of this fat soluble vitamin can't be over emphasized. Excellent anti-free radicals and antioxidant Vitamin E protects the Vitamin A levels and essential fatty acids in the body. It is anti-inflammatory and gives strength to capillary walls. It prevents the evaporation of moisture from epidermis in skin. It acts as a barrier against aging of cells and promotes the nourishment of cells. Vitamin E is seen to be very helpful against scarring from wounds and stretch marks.

Polyphenols

Polyphenols or phenolic compounds present in Argan oil are natural components of most of the plants. These compounds have the reputation of being anti-inflammatory, antiseptic, anti-aging, anti-allergic and antioxidant.

Ferulic Acid

Ferulic acid is the most abundant phenolic compound present in Argan oil. Its antioxidant potency increases on exposure to ultra violet radiations, thus it is a very potent barrier against the damaging effects of ultra violet radiation. It is an important ingredient in anti-aging mixtures.

Carotenoids

Natural fat soluble carotenoids protect the skin from ultra violet radiation and free radical reactivity. They maintain healthy skin and are an effective barrier against arthritis.

Sterols

Chemical structure of plant sterols and human sterols is strikingly similar. Therefore sterols present in Argan oil work in great harmony with human skin. They perform a multitude of functions as part of Argan oil like keeping structural integrity of cell membrane, reducing inflammation, improving skin metabolism process and moisture retention. They are primary component of the outermost layer of human skin and functions like an optimal barrier. Sterols are very easily absorbable and penetrable.

Argan Oil

The Argan Tree

Argan Oil Extraction Methods

Unique Composition Of Argan Oil And Multiple Functions