



ABSOLUTELY
EVERYTHING
CURLY

THE ULTIMATE GUIDE

To Hair Oils & Butters





Photo by: Nazar Hrabovyi

Oils and butters

are often listed as ingredients in your favorite hair products. How can you figure out if they are good for your hair? This Guide was created to help you figure out when and how to use oils and butters. There are two categories of carrier oils: penetrating oils and sealing oils (and butters). There are also essential oils. This list is by no means exhaustive. However, we included the oils and butters most common in hair products today.

Penetrating Oils

Penetrating oils can be light or heavy. Use mainly light penetrating oils if you are prone to buildup. Light oils include Avocado oil, Argan oil, Sunflower oil, and Babassu oil. Penetrating oils are best used as a pre-poo treatment or to SOTC (scrunch out the crunch). Penetrating oils can also be used in the LOC method (LOC = Leave in conditioner, Oil of choice, Curl cream) to moisturize hair.

Use heavy penetrating oils if your hair is coarse and dense. Heavy oils include Coconut oil, Olive oil, and Jojoba oil.

Sealing Oils

Sealing oils can also be light or heavy. For thin and low density hair, use light sealing oils such as Grapeseed oil, Sweet almond oil, Rice Bran oil, and Marula oil.

Heavy sealing oils include castor oil and flaxseed oil.

Sealing oils are best used as part of the LOC method.

Essential Oils

Essential oils are extracts obtained from plants. They are highly concentrated and retain the natural smell and flavor, or “essence” of their plant source. These oils must be diluted prior to use with a carrier oil or water.

Butters

If your hair loves butters you can try Mango Butter (light) and Shea Butter (heavy). Butters are best used as part of the LOC method.



Photo by: Towfiqu barbhuiya

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Photo by: Irene Kredenets

HEAVY OILS



Coconut

Source and Nutrient Content: Coconut oil is a plant oil derived from the kernels, meat, and milk of the coconut palm and fruit. Besides the fact that it is so accessible (and attainable), coconut oil is packed with healthy omega-3 fatty acids along with vitamin E, making it perfect for those dealing with dryness and need to trap moisture in¹. Coconut oil is also rich in lauric acid (a fatty acid), which penetrates the hair shaft as well as completely coating each strand, making it water repellent.

Nature of Oil (Light vs Heavy): This is a heavy oil. Oils such as castor oil, coconut oil, jojoba, and olive oil are categorized as heavy, able to penetrate the hair shaft and seal the hair². Coconut oil is not recommended for thin, low density hair, as it may have a tendency to weigh down curls. However, fractionated coconut oil has some of the fat removed, making it lightweight and more suitable for low porosity hair.

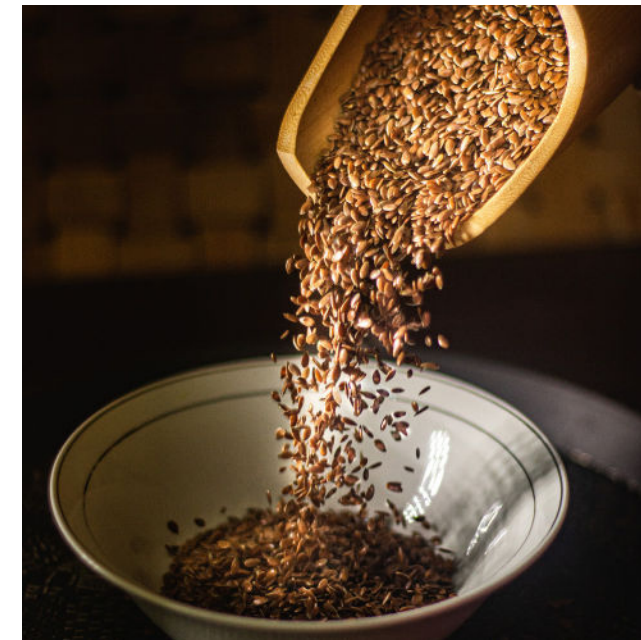
Penetrating or sealing: Penetrating and sealing

Does the oil have a tendency to build up: Coconut oil does have a tendency to build up and can sit on hair for a long time. Although coconut oil cleanses the scalp, it can also cause protein buildup by restricting moisture on dry or coarse hair. This will block needed moisture and cause your strands to dry out.

Is the oil better for scalp or hair or both: Coconut oil, a triglyceride of lauric acid (principal fatty acid), has a high affinity (or attraction) for hair proteins and, because of its low molecular weight and straight linear chain, is able to penetrate the hair shaft. Applying a small amount before your wash day allows the oil to penetrate the hair shaft, seeping deeply into the follicles. Coconut oil can hydrate, nourish, and clean the scalp by removing buildup. Split ends and hair breakage can be avoided by judicious use of this oil. So good for both scalp and hair if used in moderation.

Is this suitable for low porosity, protein sensitive hair? Maybe not because coconut oil can make the hair hard and brittle if you have protein sensitive hair. However, this oil may be mixed in small amounts with other oils and/or hair products to reap the benefits as a hair penetrating oil.

Use Suggestions: Pre-poo, conditioner, styling aid, hair mask. If you are using essential oils in hair care, then coconut oil is one of the recommended carrier oils



Flaxseed

Source and Nutrient Content: A favorite among curly girls, flaxseed oil is a rich source of the essential fatty acid alpha-linolenic acid or ALA according to the Mayo Clinic. Flaxseeds in their raw form range in color from amber yellow to brownish red. The seeds come from the flax plant, which is an annual herb. Flaxseeds can create two different yet similar oils: flaxseed oil and linseed oil. Flaxseed oil is typically processed by cold pressing the seeds. Linseed oil is also extracted by pressing the seeds but petroleum solvents are used during extraction to maximize yield³. Rich in vitamins B and E, protein, and omega-3, flax seeds help nourish the follicles and make hair strands smooth and silky. The presence of vitamins B and E, magnesium, manganese, selenium and copper helps flaxseed in the nourishment of the scalp and hair strands. Omega-3 promotes hair re-growth whereas fibers and protein improve the elasticity of hair.

Nature of Oil (Light vs Heavy): Flaxseed oil can certainly soften natural texture. But applying it in its pure form can be heavy for hair strands and produce a greasy coating. Flaxseed oil should be formulated with other ingredients through carefully designed proportions to saturate the hair without leaving excessive levels of oil on the strands themselves⁴.

Penetrating or sealing: Sealing

Does the oil have a tendency to build up: Can avoid build-up by choosing the correct product.

Is the oil better for scalp or hair or both: Both. Some studies have suggested that flaxseed could be useful for hair growth when applied to the scalp. Although this oil has about 12-34% monounsaturated fats, it is not a penetrating hair oil. This oil works from outside the hair structure to retain moisture.

Is this suitable for low porosity, protein sensitive hair: it depends on how it is used. If you have low porosity hair then mixing oil or cream in your flaxseed gel may weigh your hair down. This may not be recommended for protein sensitive hair.

Use Suggestions: If hair is very dry, frizzy and unmanageable, then apart from eating these wonder seeds, try applying a layer of flaxseed gel or mask once a week. Before washing, massage flaxseed oil on your scalp to improve blood circulation.



Haitian Black Castor Oil

Source and Nutrient Content:

Recently, Haitian black castor oil (HBCO) has made its way onto the natural hair scene thanks to companies like Kreyol Essence and Oka. Castor oil is derived from the *Ricinus communis* plant. Cold-pressed, solvent-extracted, or heat-extracted, castor oil has over 700 uses and has been an international commodity since the antiquities. The history of castor suggests that at a biological level all castor beans are the same, however, some are grown with pesticides and others are grown organically. Additionally, what differentiates castor oil products is the way the oil is extracted. Black castor oil as we know it, comes from beans that have been roasted, ground, boiled and heat extracted. The rich amber color comes from the roasting process⁵. HBCO usually contains a lesser amount of ash than Jamaican Black Castor Oil. Like JBCO, this oil is enriched in omega 6 fatty acids and ricinoleic acid. HBCO is high in

vitamin E, minerals, proteins, and omega 6 and 9 beneficial fatty acids. Ricinoleic acid carries omega 6 and 9 fatty acids to the scalp, which accelerates blood circulation and increases hair growth⁶.

Nature of Oil (Light vs Heavy):

Very heavy

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

Yes, if left for too long or if used more than twice a week. Castor oil is very thick, so washing it off your hair may be a problem. You can wash out a castor oil mask with warm water by using your usual shampoo. Possibly you will need to shampoo multiple times⁷. With castor oil it is possible to feel oil build up after shampooing, in such cases an ACV rinse might help. Also use dry shampoo to avoid buildup by this oil.

Is the oil better for scalp or hair or both:

Mainly scalp. HBCO is anti-bacterial, and fights scalp infections such as bald patches and alopecia. The oil also fights oxidative stress which is a common cause of hair loss with vitamin E as a natural antioxidant. Although castor oil is reported to have a low degree of penetration, there are no confirmed findings.

Is this suitable for low porosity, protein sensitive hair:

Although castor oil is not recommended for low porosity hair, it may be useful for protein sensitive hair.

Use Suggestions: For dry hair, the oil is a very good treatment option, as its fatty acids are capable of locking in moisture, making the hair look smoother and softer. If your problem is hair thinning or split ends, go for castor oil – it is a perfect filler for curly hair, and specifically for natural hair, since it moisturizes and carefully fills in all the damaged spots without overloading your hair. Black castor oil is more appropriate for thicker hair due to its greater density – the oil will add shine and condition your hair. Castor oil can be diluted with other oils, such as olive oil. The recommended ratio is 1:1.

Jamaican Black Castor Oil

Source and Nutrient Content:

Jamaican black castor oil is derived from Jamaican castor beans. It is believed to support hair growth by ridding the scalp of damaging fungi and toxins. It also works to hydrate hair and skin by locking in moisture⁸. Down to a molecular level, castor oil is a long-chained fatty acid. Fatty acids provide essential proteins and nutrients to hair follicles, and prevent hair follicle inflammation⁹. The difference between usual Castor oil and Jamaican Black Castor Oil is the way the oil is extracted from the castor plant beans¹⁰. The traditional way to produce Jamaican Black Castor Oil is to roast the beans of the castor plant (a process not too dissimilar to coffee), grind them into a thick paste and then boil in a pot of hot water. Due to a difference in density between oil and water, the oil rises to the surface, where it is skimmed into individual bottles. The result is what we know as Jamaican Black Castor Oil. In

contrast, regular castor oil is produced by cold-pressing the same beans by putting them raw through a press without roasting and high temperatures. The roasting process and resulting dark ash is what gives Jamaican Black Castor Oil its name and its dark rich beautiful color. The distinguishing feature in JBCO is the alkaline component, believed to have more clarifying properties. In fact, alkaline pH levels can help open cuticles according to one school of thought. The active ingredient, ricinoleic acid, accounts for the hair growing magic of castor oil, and can improve hair growth if applied to the hair root.

Nature of Oil (Light vs Heavy):

Extremely heavy

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

Yes if left for too long or if used more than twice a week. Castor oil is very thick, so washing it off your hair may be a problem. You can wash out a castor oil mask with warm water by using your usual shampoo. Possibly you will need to shampoo multiple times. With castor oil it is possible to feel oil buildup after shampooing, in such cases a ACV rinse might help. Also use dry shampoo to avoid buildup by this oil.

Is the oil better for scalp or hair or both:

Both if used in moderation. Although castor oil is reported to have a low degree of penetration, there are no confirmed findings.

Is this suitable for low porosity, protein sensitive hair: Although castor oil is not recommended for low porosity hair, it may be useful for protein sensitive hair.

Use Suggestions: JBCO is extremely thick, so isn't a good product for overall softening, as it's just too heavy for most women. If you have fine hair, apply it only to hair ends as a sealant.



Jojoba

Source and Nutrient Content: Jojoba oil is an oil-like wax extracted from the seeds of the jojoba plant. The jojoba plant is a shrub native to the southwestern United States. It grows in the desert regions of Arizona, southern California, and Mexico. Manufacturers began adding the oil to cosmetics and food in the 1970s¹¹. It is incredibly versatile, and its uses are too numerous to count. Jojoba is rich in vitamins and minerals that nourish hair, including vitamins B, C, E, copper, and zinc¹².

Nature of Oil (Light vs Heavy):

Although this oil is categorized under "light" - unlike other hair or skin oils, jojoba oil is not a true oil, instead, it is a wax ester, similar in both structure and function to the sebum naturally produced by our skin¹³.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

Jojoba is actually biocompatible with our skin's cellular structure, which means it is easily absorbed.

Is the oil better for scalp or hair or both:

Both. Because it strengthens hair, it is thought that jojoba oil can prevent hair loss and promote hair thickness. The idea behind this is that the oil moisturizes hair follicles, which prevents dryness that leads to hair loss. However, this is a non-penetrating oil (although it has a high content of mono-unsaturated fatty acids, primarily 11-eicosenoic acid) with a tendency to coat the hair. It can add shine, and decrease friction for easier combing and fewer tangles.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Anti-frizz serum/ hair smoothing serum. As far as the hair-smoothing benefits go, jojoba oil works by forming a protective coating over each hair strand, which helps reduce frizz, lock in moisture, and make hair soft, shiny, and tangle-free.



Olive

Source and Nutrient Content: Olive oil, usually light yellow or light green in color, is the oil that is naturally extracted by pressing olives. It is typically imported from the Mediterranean region — especially Spain, Greece, and Italy¹⁴. Olive oil is rich in fatty acids and antioxidants, and packed with vitamins A, D, E, K and hydrating squalene making it work well for skin and hair.

Nature of Oil (Light vs Heavy): Olive oil is on the heavier side.

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up:

Olive oil tends to weigh down thinner hair. Oily hair and scalps may not need this oil for conditioning.

Is the oil better for scalp or hair or both: Both, if the hair is on the coarser/thicker side. This oil is rich in monounsaturated lipids (65-80% monounsaturated fats) and has demonstrated some level of penetration although it is not comparable to coconut oil.

Is this suitable for low porosity, protein sensitive hair? Not recommended, unless it is mixed in small amounts with other oils or hair care products.

Use Suggestions: When it comes to your hair, not just any version of olive oil will do. Go for extra-virgin cold-pressed, it is the highest-quality olive oil you can buy. It is an unrefined oil — meaning it is not treated with chemicals or heat — and it has to meet very specific standards to receive the "extra-virgin" stamp¹⁵. Being rich in nutrients and with an oily consistency, extra virgin olive oil is an ideal natural balm for hair. In addition to having a detangling effect, it nourishes hair deeply, leaving it soft and shiny¹⁶. Olive oil can also be mixed with castor oil and lavender for additional benefits.



Sesame

Source and Nutrient Content:

Sesame oil is made from sesame seeds and has been known for its many benefits through time. Another name for sesame oil is gingelly oil. Sesame oil promotes good scalp health and encourages hair growth. Sesame oil has vitamins E, B complex, and minerals such as calcium, magnesium, phosphorus and protein that strengthen and nourish the hair from the root. Sesame oil has high levels of natural antioxidants. These are called sesamol, sesamin and sesamin oils. Sesamin has anti-inflammatory properties and contains vitamin E. Sesamol, on the other hand, has over 20 beneficial pharmacologically active properties. Sesame oil is also loaded with B-complex vitamins, including riboflavin, thiamin, pantothenic acid, niacin, folic acid and pyridoxine¹⁷. It is rich in amino acids that help build up proteins, and minerals like copper, iron, manganese, calcium, selenium, magnesium, zinc and phosphorus.

Nature of Oil (Light vs Heavy): Heavy

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

Due to its 40-50% monounsaturated fat content, this oil has some level of penetration into the hair shaft. Sesame oil can clog pores which in turn can irritate your scalp and skin. Clogged pores can also

cause hair follicles to fall out. Avoid this by leaving pure sesame oil on your scalp and hair for only a short period of time¹⁸.

Is the oil better for scalp or hair or both: Both

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Hair mask, pre-poo, scalp massage. Over 90% percent of Ayurvedic treatments use sesame oil as the base product. Its nourishing, calming and warming nature makes it the ideal massage oil. In Ayurveda, there is a special significance of using sesame oil for head massage¹⁹ - in the famous words of Saint Charak Samhita Sutrasthana "One who applies Sesame Oil on his head regularly does not suffer from headache, baldness, greying of hair or hair fall. The health of his hair and scalp is specially enhanced; his hair becomes black, long and deep-rooted. Applying sesame oil on the head induces sound sleep and happiness."²⁰



LIGHT OILS

Andiroba Oil

Source and Nutrient Content:

Andiroba is a tree that belongs to the same family as mahogany and cedar trees. It can be found in Southern Central America, Colombia, Venezuela, Suriname, French Guiana, Brazil, Peru, Paraguay, and the Caribbean islands. The oil is produced from the seeds. The name andiroba is from Nheengatu nhandi rob, meaning "bitter oil". Andiroba oil similar to neem oil. Andiroba oil is a rich source of essential fatty acids, including oleic, palmitic, myristic and linoleic acids, and contains no fatty components such as triterpenes, tannins, and alkaloids, which are isolated as Andirobina and Carapina²¹. The oil is also rich in Vitamins A, C, and E.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No. The essential fatty acids (EFAs) in andiroba oil help to promote healthier hair growth, treating damaged or curly hair without leaving a greasy feeling behind²².

Is the oil better for scalp or hair or both: Both- When applied to your scalp slightly warmed, andiroba oil stimulates better blood flow, which is a strong factor in growing healthier hair that's more resilient to breakage, split ends, and dehydration. This is not a penetrating oil.

Is this suitable for low porosity, protein sensitive hair? Useful in small quantities

Use Suggestions: Anti-frizz serum or mist, conditioner, hair mask



Apricot

Source and Nutrient Content: Apricot oil is derived from dried apricot kernels that have been cold pressed. These kernels have an oil content of about 40-50% and is mainly composed of linoleic and oleic fatty acids, as well as Vitamin A, D & E. The fatty acids that it contains work wonders for hair health²³. Oleic acid specifically makes hair softer and more pliable while linoleic acid actively stimulates hair growth and aids in moisture retention.

Nature of Oil (Light vs Heavy): Apricot oil is very light, which is perfect for hair that has the tendency to feel greasy with other carrier oils. Its light nature allows it to be used as a sealant, leave-in, pre-poo, post-poo, hot oil treatment, and as a treatment for dry scalp²⁴.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Although it does not penetrate the actual hair shaft, apricot oil prevents moisture from evaporating from your strands. This is incredibly important for those who suffer from high porosity hair that loses moisture easily.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Use as hair protectant before using chemical treatments- Apricot oil seals moisture into the hair shaft by shaping the scales of the cuticle and holding them together. This helps protect the hair from harsh elements and damage, and smooth cuticles encourage hair sheen. Hair treatment masks- Vitamin A in this oil helps to heal a host of skin conditions such as dandruff, psoriasis and eczema. In addition to this, Vitamin E prevents free radicals and UV damage in order to reduce the risk of damage from pollution and harmful UVA rays. Add a few drops to shampoo/conditioner, use as a pre-poo, or as a shine serum.



Argan

Source and Nutrient Content: Argan oil comes from the argan nut which only grows in southwestern Morocco, the original way to gather this amazing oil is to crack the nut open between two rocks and extract the raw argan kernels that are then hand ground and cold pressed into the oil. This oil has been considered a miracle worker for a long time in Morocco and has since found its popularity in products all around the world²⁵. Argan oil contains tocopherols (vitamin E), phenols, carotenes, squalene, and fatty acids. Natural phenols in Argan oil help to fight against fungal and bacterial problems and its carotene is known to prevent hair loss and make the hair stronger²⁶.

Nature of Oil (Light vs Heavy): On the lighter side. Also, its squalane content makes the oil non-greasy, yet an effective conditioning agent for hair, making it a perfect oil for curly hair types

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up:

No, but users with thin hair should go easy on the quantity.

Is the oil better for scalp or hair or both:

Mainly for the hair, however an argan oil hair mask could also work for the scalp as a clarifying and conditioning treatment. Argan oil has the capacity to penetrate the hair, thanks to its 45 to 50 % monounsaturated fat content²⁷.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Sealant, shine serum, conditioner, pre-poo.



Avocado

Source and Nutrient Content:

Avocados might be the most revered fruit—and yes, it is a fruit. One cannot think of a world without guacamole... however, besides being a superfood, this fruit is an incredible source of endless hair benefits.

Packed with a slew of vitamins, lipids, and antioxidants, avocados (more specifically, the oils in avocados) are the haircare game-changer²⁸. Avocado oil is rich in omega-rich oils and antioxidants. In addition to the lipids avocado oil contains fat-soluble antioxidants and bioactive phytochemicals, including vitamin E tocopherols, vitamin D, and carotenoids (lutein and beta carotene) that defend hair from UV damage, environmental aggressors, and pollutants that can make hair feel dry and look brittle²⁹.

Nature of Oil (Light vs Heavy): Unlike olive or coconut oil, the lightweight nature makes it the solution for moisturizing and adding shine to thinner hair types without weighing it down³⁰.

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up:

According to experts, the non-clogging properties of avocado oil make it the perfect option for all hair types, including thicker, higher-density strands³¹.

Is the oil better for scalp or hair or both:

It can penetrate the hair (55-75% monounsaturated lipids) and scalp, making it more effective than other oils that clog or sit on top of the hair strand.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Hair mask, leave-in conditioner, detangler, anti breakage solution. Use as a carrier oil for peppermint and lavender for use as leave-on or hair mist.

Babassu

Source and Nutrient Content:

Babassu Oil is made, of course, from the seeds of the babassu palm, in South America. In countries such as Brazil, it's long been acknowledged as a powerful antioxidant, being used to treat minor ailments and wounds. And it is precisely this same antioxidant, anti-inflammatory property that makes it such a powerful tool in helping hair grow. Much like coconut oil, Babassu Oil is rich in healthy fatty acids, chiefly lauric and myristic acid. These are deeply moisturizing to the hair follicles and also act as anti-inflammatory agents for scalp³².

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up:

Babassu Oil, though in many ways similar to coconut oil, has one notable difference, in which it is superior. While coconut oil is hydrating, but greasy, sometimes leaving an unpleasant residue on clothes, skin and hair, Babassu Oil retains all the moisturizing properties, but ditches the grease, which makes it much easier and much more pleasant to use on your hair.

Is the oil better for scalp or hair or both:

Both. High in vitamin E, Babassu Oil is great for massaging and improving the blood flow of the scalp, which in turn, promotes a healthy and more rapid hair growth. This oil can penetrate hair due to its high monounsaturated fat content.

Is this suitable for low porosity,

protein sensitive hair? Not directly but can be mixed in small quantities with other oils/ hair care products.

Use Suggestions: Scalp massage oil, conditioner, hair protectant



Baobab

Source and Nutrient Content:

Pressed from the seeds of the baobab tree, baobab oil is a luxurious, nutrient rich oil with many health benefits. It's a plant-based moisturizer with a plethora of antioxidants, vitamin A, vitamin E, and omega fatty acids³³.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up:

Baobab oil is ideal to use on skin and hair because of its lightweight, smooth texture that absorbs quickly and isn't greasy³³.

Is the oil better for scalp or hair

or both: Both. Depending on your hair texture, baobab oil can be massaged from root to tip and left in overnight³³.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Hair mask, use as serum or spray to smooth frizz and protect hair during the day. . Alternatively, add a few drops of baobab oil to your daily conditioner to boost its nourishing power. In addition to conditioning your luscious locks, baobab oil can be gently massaged into the scalp to keep dryness and flakes at bay³³.



Broccoli

Source and Nutrient Content:

Broccoli seed oil extracted from the seeds of broccoli is particularly beneficial for hair and skin. This natural oil is packed with hair-nourishing vitamins like vitamin C

and vitamin B6 that make your hair strong and silky smooth, while eliminating hair frizz³⁴. The antioxidants in broccoli seed oil, particularly vitamin C prevent hair loss by eliminating the free radicals, thus contributing to healthier and thicker hair³⁴.

Nature of Oil (Light vs Heavy): With 50% erucic acid (Omega-9), this oil is very light and non-greasy which means that it's easily absorbed, accelerating moisture to the hair and skin.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Not really reported by users!

Is the oil better for scalp or hair or

both: Both. Using cold pressed broccoli seed oil will help prevent hair loss as it acts at the cellular level to boost hair growth. This is a non-penetrating oil.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Broccoli seed oil contains a unique composition that is similar to silicone found in shampoos which is responsible for imparting shine to your hair. Also known as erucic acid, this fatty acid gives your hair a smooth natural sheen without leaving residue of harmful detergents or chemicals in your hair follicles³⁴. The high content of erucic fatty acid in broccoli seed oil when used for hair care imitates the behaviour and purpose of silicones in hair products. Broccoli seed oil leaves a light film around the hair strand that imparts the hair with shine and lustre

and prevents hair frizz- best used as sealant, frizz control and shine serum!

Buriti Oil

Source and Nutrient Content: Buriti oil (INCI: Mauritia Flexuosa (Buriti) Fruit Oil) comes from the moriche palm tree in the Amazon. Its fruit has a hard, red and scale-like skin that covers a soft and oily pulp, with color variations ranging from dark yellow to reddish (after ripening). It is possible to extract 45 kg of buriti oil from 1000 kg of ripened fruits (1). Brazilian natives, who call the buriti tree "The Tree of Life" treat this tree as sacred because it contains the nutrients and support needed to sustain life. They use the oil to protect the skin and to treat a variety of skin conditions including burns and sunburn. The buriti oil contains high concentrations of monounsaturated fatty acids (oleic acid), tocopherols and carotenes³⁵.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Oil blends, hot oil treatments. When applied on dry hair, buriti oil shows a high difference in gloss between treated and untreated hair strands, thus making it a very good shine treatment for

dull and faded hair.

Camela Seed Oil

Source and Nutrient Content:

Camellia seed oil comes from the plant Camellia sinensis, but is also known as Camellia oleifera and is grown in the mountains of Southeast Asia. This precious oil has been revered for being restorative and rejuvenating. The oil is derived from the cold-pressed seeds of the camellia flower and is very similar to olive and grapeseed oils because of its unsaturated fats and therapeutic properties as well as its healing and nutritional power³⁶.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or

both: Both. It has linoleic acid, Omega 6 that has properties to condition hair while unblocking pores to the scalp. It contains a ton of omega-9 or oleic acid, which will also control water loss and make your strands softer and more pliable. It has stearic acid, which is great for protecting and conditioning the strands while the palmitic acid adds moisture to the hair without clogging the scalp's pores³⁶. This is a non-penetrating oil.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Use as a hot oil

treatment by either heating the oil in a cup of hot water and applying it to your hair. Cover with a plastic cap for 15-30 min. before shampooing. Also useful as hair mist.



Grapeseed

Source and Nutrient Content:

Grapeseed oil is made by pressing grapes under high amounts of pressure, releasing the seeds' oil that is high in polyunsaturated fats and certain phytonutrients. Not only can you use this oil when cooking, but it's also a versatile all-natural skincare and haircare product³⁷. Grapeseed oil is full of vitamin E, abundant in Polyphenols and Oligomeric Proanthocyanidins (OPCs) and rich in linoleic acid, a polyunsaturated omega-6 fatty acid.

Nature of Oil (Light vs Heavy):

Grapeseed oil is lightweight and nongreasy, which is great for all hair types. Plus, this is a polar oil which means it is water-soluble and thus can easily be integrated into hair care along with other actives.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

should not be a concern considering the light nature of this oil, although caution needs to be exercised in buying the correct brand. While grapeseed oil itself has many benefits, there have been concerns about the way that it is processed, accordingly the by-products of the processing steps could lead to residue/build-up. Is the oil better for scalp or hair or both: Both, with 12-25% monounsaturated lipids, this is penetrating to a lesser extent.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Based on both anecdotal evidence and research studies, grapeseed oil benefits for hair can include, hydrating hair, adding shine to hair and fighting frizz, moisturizing the scalp and helping to reduce dandruff, fighting infections/inflammation of the scalp, detangling hair, protecting hair from UV damage, potentially preventing thinning and supporting growth³⁷.



Hempseed

Source and Nutrient Content:

Hemp is a member of the Cannabis sativa species of plant. Hemp seed oil is a clear green oil made by cold-pressing hemp seeds³⁸. It is different from cannabidiol (CBD), which is an extract produced from hemp flowers and leaves. Hemp seed oil has 3:1 ratio of omega-6 to omega-3 essential fatty acids. It also contains smaller amounts of three other polyunsaturated fatty acids: oleic acid, stearidonic acid, and gamma-linolenic acid. Hemp seed oil also includes antioxidants, such as vitamin E, carotene, phytosterols, phospholipids, chlorophyll. Along with modest amounts of iron and zinc, hemp seed oil also contains a number of minerals, including: calcium, magnesium, sulfur, potassium, phosphorus.

Nature of Oil (Light vs Heavy):

Somewhere in-between

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No, if used in the correct way and by choosing the right formulation.

Is the oil better for scalp or hair or both:

Both. Like other oils, hemp seed oil may have protective qualities when applied directly to the hair and scalp. With hemp seed oil, the protection starts with the essential fatty acids omega-3 and omega-6. Fatty acids have a hydrophilic end that aids in moisture retention, and a hydrophobic end that boosts shine, making hemp seed oil a perfect product for coarse, curly hair³⁹.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Hair treatment mask for itchy scalp, hair and scalp moisturizer, sealant.

Marula

Source and Nutrient Content:

The marula fruit tree (*Sclerocarya birrea*) is native to parts of southern Africa. Marula oil is primarily extracted from kernels but can also be obtained from the nut's outer husk. Marula oil is rich in protein and easily absorbed, making it an effective skin and hair treatment⁴⁰. Its beneficial components include amino acids (L-arginine and glutamic acid), fatty acids (including palmitic, stearic, oleic, and myristic acids, which have emollient and moisturizing benefits) and antioxidants, such as phenolic compounds and vitamins E and C⁴¹.

Nature of Oil (Light vs Heavy): This is considered a light to medium weight oil.

Penetrating or sealing oil: penetrating and sealing

Does the oil have a tendency to build up: Not if used in moderation.

Is the oil better for scalp or hair or both: Marula oil is antimicrobial, which means it can tackle bacteria and other scalp issues. Rubbing Marula oil into the hair cuticles is great for treating split ends and for that lustrous, silky shine. This is because of the high amount of antioxidants that make marula oil a nourishing choice for the health of your hair. This oil works well on curly, thick or frizzy hair. Marula oil is a great choice for thick hair because its heavier consistency is more hydrating, and the fatty acids form a protective coating around the hair shaft that seals in moisture.

Is this suitable for low porosity, protein sensitive hair? This is reported to be beneficial for low-porosity hair as it penetrates the hair easily and prevents moisture from escaping the hair.

Use Suggestions: Using pure marula oil (without essential oils or additional ingredients) allows hair to reap the full benefits from its potent nutrients and antioxidants⁴². Can be used on wet or dry hair. Use as a hair mask or as a leave-in.



Moringa

Source and Nutrient Content: The moringa tree, also known as the drumstick or miracle tree, boasts many qualities, including leaves that are high in iron, vitamin C, and antioxidants⁴³. Moringa oil comes from the seeds of the moringa oleifera tree and it's full of phytonutrients and behenic acid. Moringa oil is typically acquired through a cold-pressing process that extracts the rich nutrients in the seeds. The nutrients include vitamin C, vitamin B, and different types of monounsaturated fats like oleic acid and behenic acid that help promote smooth, shiny and healthy hair⁴⁴. The rich nutrients in moringa oil such as zinc (which is essential for maintaining healthy hair) help boost keratin production to strengthen hair and prevent breakage. Additionally, the proteins in moringa oil also help to protect hair from potential damaging factors such as heat and the environment⁴⁵.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Moringa oil is renowned for its ability to deliver moisture straight to the scalp, which helps to prevent dryness and deeply nourish hair from the source. Rather than simply adding moisture to the exterior of dry or damaged hair strands, moringa oil hydrates the scalp to heal hair from the inside out⁴⁶. However, this oil is non-penetrating.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Acts as a moisturizer for the scalp-use as mask or leave on. Works well with carrier oils, like coconut, grapeseed, rosehip, sunflower, etc.,



Pomegranate Oil

Source and Nutrient Content:

Extracted from Pomegranate seeds, this oil is high in vitamin C, B5, Ellagic acid and punicalagins(tannic acids)

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. For those of us who have excess oil, pomegranate seed oil neutralizes the effect of excessive oil production, reduces hair greasiness and stimulates healthy hair growth. And if you suffer from dry scalp, dandruff or flaky scalp can clog hair follicles and slow down hair growth, and potentially even reduce the thickness of your hair. Pomegranate Seed Oil gently removes buildup on your scalp and can help stimulate hair growth. Pomegranate Seed Oil is also very rich in vitamins and antioxidants which help increase the blood circulation in the scalp. That means strong blood vessels and strong blood vessels mean healthier, faster hair growth⁴⁷. However this is a non-penetrating oil.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Pomegranate oil is preferred for hot oil treatments or pre-shampoo soothing for frizzy, over-processed hair and for general conditioning for kinky, curly and wavy hair. Pomegranate oil will enhance the appearance and feel of hair,

help with detangling and will moisturize the hair shaft⁴⁸.



Pumpkin Seed

Source and Nutrient Content:

Pumpkin seed (cucurbita pepo) oil is obtained by expeller-pressing toasted, hulled pumpkin seeds. It is a rich source of antioxidants, essential fatty acids (like linoleic and oleic), vitamins (A, B6, C, E) minerals (Zn, Mg, Ca, S), cucurbitin and more⁴⁹. In a clinical study researchers were able to conclude that taking a PSO supplement for 24 weeks has a positive effect on hair growth in patients with mild to moderate alopecia.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or

both: Both. Pumpkin Seed Oil is a great hair moisturizer that nourishes hair follicles and can promote hair thickness and hair count. (Note: people may be allergic to pumpkin seeds, so it is important that you check with your doctor before using or consuming pumpkin seed oil)⁵⁰. This is not a penetrating oil, rather this works on the strands as a sealant to reduce friction between strands.

Is this suitable for low porosity, protein sensitive hair? Suitable for medium porosity hair.

Use Suggestions: Hair mask, hair mist. Mix Pumpkin Seed Oil with castor oil, and coconut oil (2 teaspoons of each) for a pre-shampoo hair treatment



Rice Bran Oil

Source and Nutrient Content: Rice Bran (extracted from the hull of rice) is commonly used for cooking because it is a healthy alternative to fatty, chemically

processed oils made in a lab⁵¹. This oil is high in antioxidants, omega 3 and 6 fatty acids and Vitamin E.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both, however this is a non penetrating oil.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Rice bran oil nourishes your hair thanks to its omega 3 acids and other fatty acids. This is excellent for those with frizzy hair as it helps to keep hair smooth, thick, and easier to take care of. Massaging your scalp with this oil before you wash it helps to keep your follicles healthy⁵².



Safflower Oil

Source and Nutrient Content:

Safflower oil is extracted from the Safflower seeds (seeds of Carthamus Tinctorius). The seeds are white and contain a high amount of proteins and good fat⁵³. Its nutritional value is comparable to sunflower oil. It contains less saturated fatty acids than olive oil⁵⁴.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Safflower oil stimulates blood

circulation to promote hair growth. It also contains high amounts of oleic acid, which sinks into the scalp easily. The vitamin E and essential fatty acids provide moisture to the length of the hair. For both scalp and hair, safflower oil is a winner⁵⁵. With an about 13-21% monounsaturated fat content, it is not highly penetrative.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Scalp massage oil

Saw Palmetto

Source and Nutrient Content: Saw Palmetto Oil 85% is produced using traditional and supercritical CO2 extraction technology. It is extracted from the fruit of Serenoa repens. It is rich in fatty acids and phytosterols⁵⁶.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: None reported.

Is the oil better for scalp or hair or both: Specifically for scalp. The main motivator for many who seek out saw palmetto is hair loss, researchers believe that saw palmetto reduces hair loss by preventing the conversion of testosterone into DHT and preventing the absorption of DHT in the body⁵⁷.

Is this suitable for low porosity, protein sensitive hair? Not reported.

Use Suggestions: Generally available as anti-hair loss blends along with pumpkin seed oil, poringa oil, baobab oil, blackberry seed oil, flaxseed oil, rosemary essential oil, peppermint essential oil, cedarwood essential oil, oregano essential etc., Apply oil blends to the hair roots, scalp and on the hairlines.



Sunflower

Source and Nutrient Content:

Sunflower oil is made from sunflower seeds, which are high in essential fatty acids such as phospholipids and ceramides. The oil is also a rich source of antioxidants and vitamin E, a critical vitamin that deeply nourishes and soothes dry skin and hair. Vitamin E traps moisture to keep the skin and hair glowing. Sunflower oil is a rich source of oleic acid and linoleic acid, which are known to stop hair breakage, helping in hair to grow faster (since the ends are not breaking off). Oleic and linoleic acids have anti-inflammatory properties that can prevent itchy scalp and dandruff problems⁵⁸. What's more, since this is light-weight oil,

Nature of Oil (Light vs Heavy): This is a light-weight oil, you can use a small quantity on dry hair to reduce frizz.

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up: Because of its light texture, it easily works to penetrate the hair (90% lipids that can penetrate hair) shaft to lock and retain moisture, especially for dry and frizzy hair. Using sunflower oil for hair can help reduce split ends and make hair softer. Sunflower oil locks moisture into the hair shaft, without the unpleasant greasy residue.

Is the oil better for scalp or hair or both: Both.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Hair mask, conditioner, scalp massage, anti-frizz drops. Along with its light texture, sunflower oil is also odorless, and can easily be used along with other scented/ unscented essential oils or alone as a daily scalp oil.



Sweet Almond

Source and Nutrient Content:

Almond oil is derived by pressing the seeds of the almond tree (almond nuts). Almonds have been valued in many ancient cultures for their healing and health properties, including high levels of protein, omega-9 fatty acids, vitamin E, magnesium and phospholipids. These properties suggest that almond oil can improve the shine and strength of your hair⁵⁹.

Nature of Oil (Light vs Heavy): One of the lightest oils.

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Almond oil is an emollient, meaning it can fill in gaps in your hair at a cellular level so useful for both shaft and hair. Using almond oil on your hair gives it a softer texture over time. This oil also can help if you suffer from dry, itchy scalp or dandruff, which is exacerbated by a dry scalp. It is reported to have about 70% monounsaturated lipids, however this property is not documented well.

Is this suitable for low porosity, protein sensitive hair? Yes

Use Suggestions: Traditional hair oil. Even a healthy scalp can become dry in the wintertime, so regular scalp massages with sweet almond oil, particularly before washing can go a long way to ensuring your scalp does not dry out. Mix with avocado as a hair mask or as an anti-frizz treatment.

Wheat Germ

Source and Nutrient Content: One of the most widely grown grains, *Triticum Aestivum* commonly known as Wheat has been regarded as an important grain in Ayurveda. It is mostly used in the form of Wheat Germ Oil, which is an unrefined oil obtained from the germ of the wheat kernel and is rich in Vitamin E, A and D⁶⁰. Further wheat germ oil is rich in linoleic acid that nourishes and conditions the hair. It possesses moisturizing and conditioning properties which are useful in repairing the damaged hair and prevents hair loss. Wheat germ oil provides strength to your hair and even prevents hair loss and dandruff⁶¹. Wheat germ oil also contains a polyunsaturated fat called squalene⁶².

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: penetrating

Does the oil have a tendency to build up: No. Squalene is the main component of skin surface polyunsaturated lipids, making it close to the actual oil your own body produces. This type of oil is readily absorbed by hair, and is already being used in cosmetic products.

Is the oil better for scalp or hair or both: Both

Is this suitable for low porosity, protein sensitive hair? No, recommended for high porosity hair

Use Suggestions: Conditioner, hair-mask, hair serum





Photo by: Kadarius Seegars

ESSENTIAL OILS



Cedarwood Oil

Source and Nutrient Content:

Cedarwood essential oil is extracted from *Juniperus virginiana* of the Cupressaceae family. It is also known as Virginian, red, eastern red or southern red cedar, as well as Bedford cedarwood. Cedarwood Essential Oil is steam distilled from the wood of the Cedar tree, of which there are several species. The main chemical components of cedarwood oil are a-cedrene, b-cedrene, thujopsene, other sesquiterpenes, cedrol and widdrol⁶³.

Does the oil have a tendency to build up: None reported; ideal for all hair types.

Is the oil better for scalp or hair or both: Both- Cedarwood oil is known to cleanse and enhance circulation to the scalp, tighten the follicles, stimulate healthy growth, reduce thinning, and slow hair loss. Cedarwood oil is known to cleanse the scalp, removing excess oil, dirt, and dandruff. It enhances circulation to the

scalp and tightens the follicles, which helps stimulate healthy growth and thereby helps reduce thinning by slowing hair loss⁶⁴.

Use Suggestions: To naturally reduce hair loss, Cedarwood oil can be diluted in a regular shampoo and conditioner before being applied as usual in the shower. Alternatively, a few drops can be diluted in a carrier oil, such as coconut, and massaged into the scalp for several minutes. Cedarwood oil can be combined with the essential oils of Thyme, Lavender, or Rosemary.



Clary Sage

Source and Nutrient Content: Clary sage essential oil is extracted from *Salvia sclarea* of the Labiatae family and is also known as clary, clary wort, muscatel sage, clear eye, see bright and eye bright (but not to be confused with the common herb also called eyebright (*Euphrasia*)). The name is derived from the Latin 'Claris' that means 'clear' or from the Greek 'Skertia' meaning

'hardness', referring to the hard parts of the flower petals. It was known in the Middle Ages as 'Oculus Christi' - the 'Eye of Christ' and was a highly esteemed medicine⁶⁵. Clary sage oil is extracted by steam distillation from the flowering tops and the leaves. The main chemical components of clary sage are linalool, linalyl acetate, caryophyllene, a-terpineol, geraniol, neryl acetate, sclareol and germacrene D⁶⁶.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both

Use suggestions: Blends well with juniper, lavender, pine, geranium, sandalwood, jasmine, frankincense and other citrus oils. Can be used in a Heat Protectant Spray infused with Clary Sage essential oil and Geranium oil. This oil can also be added to shampoo and conditioners⁶⁷.



Clove Oil

Source and Nutrient Content: Clove essential oil is extracted from *Eugenia caryophyllata* (also known as *Syzygium aromaticum*, *Eugenia aromatica*, *E. caryophyllus*) of the Myrtaceae family. Clove oil can be extracted from the leaves, stem and buds. We sell clove leaf oil, which is extracted by water distillation, containing the desired lower percentage of eugenol. The main chemical components of clove oil are eugenol, eugenol acetate, iso-eugenol and caryophyllene⁶⁸. It also has Beta carotene, Vitamin K and Potassium.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Scalp- using clove oil to massage your scalp will enhance blood circulation and secure oxygen supply to your roots and follicles⁶⁹. Clove oil also helps to combat dandruff and scalp irritation.

Use Suggestions: Add a few drops of clove oil into your shampoo. You can make a mixture of clove oil and organic olive oil, then apply them to your hair. Let it sit for 20-30 minutes and then rinse.



Eucalyptus Oil

Source and Nutrient Content:

Eucalyptus essential oil is extracted from *Eucalyptus globulus* of the Myrtaceae family and is also known as Tasmanian blue gum or blue gum⁷⁰. The 'eu' and 'kalypto' means 'well' and 'covered' in Greek, referring to the cup-like membrane that covers the flower bud, which is thrown off as the flower expands⁷¹. Eucalyptus oil is extracted from the fresh or partially dried leaves and young twigs (*Eucalyptus globulus*)⁷². The main chemical components of eucalyptus oil are a-pinene, b-pinene, a-phellandrene, 1,8-cineole, limonene, terpinen-4-ol, aromadendrene, epiglobulol, piperitone and globulol.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Scalp mainly as it stimulates hair follicles and keeps dandruff/lice at bay. Use Suggestions: Eucalyptus oil should

always be mixed with an appropriate carrier oil, such as coconut oil or almond oil, before applying on hair. The dilution ratio should be 1-2%, which is 2 drops of essential oil or less per teaspoon of carrier oil.



Geranium Oil

Source and Nutrient Content:

Geranium essential oil is extracted from the plant *Pelargonium odoratissimum*. The plants originated from South Africa, as well as Reunion, Madagascar, Egypt and Morocco and were introduced to European countries such as Italy, Spain and France in the 17th century. The leaves and stalks are used for extraction, and the oil is obtained through steam distillation. The essential oil is composed of various chemical constituents and includes a-pinene, myrcene, limonene, menthone, linalool, geranyl acetate, citronellol, geraniol and geranyl butyrate⁷³.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Mainly scalp. Geranium essential oil can regulate dryness, excess oil, and the production of sebum. Since geranium balances secretions around the hair follicles, it's an effective agent for hair growth⁷⁴.

Use Suggestions: Add one drop of geranium essential oil to a small handful of your shampoo, massage it into your scalp, and wash your hair as normal.



Ginger Oil

Source and Nutrient Content:

Ginger essential oil is extracted from the plant *Zingiberaceae officinale* of the Zingiberaceae family and is also known as Common or Jamaica Ginger. The plant is said to originate from India, China and Java, yet is also native to Africa and the West Indies. It was most likely brought to Europe between the 10th and 15th century as a condiment and spice. The oil is extracted by means of steam distillation from the unpeeled or dried, ground-up root

(rhizome) of the plant⁷⁵. The essential oil has various chemical constituents including the following: a-pinene, camphene, b-pinene, 1,8-cineole, linalool, borneol, y-terpineol, nerol, neral, geraniol, geranial, geranyl acetate, b-bisabolene and zingiberene⁷⁶.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Scalp mainly but hair too if the scent is tolerated.

Use Suggestions: Use the product mixed with carrier oil, throughout the scalp and hair for a spicy, invigorating aroma. Rinse out after 15 to 30 minutes.



Hibiscus Oil

Source and Nutrient Content:

Unrefined hibiscus oil is cold pressed from the seeds of the hibiscus plant so has a slight green tinge. An excellent quick

absorbing oil, unrefined hibiscus oil is rich in vitamin e [higher than that of olive oil] making it a stable oil and helps to improve skin elasticity⁷⁷. Vitamin c rich hibiscus oil helps to condition the scalp /hair and promote shine. It is also wonderful on the skin, helping to retain moisture. Due to the palmitic acid content, hibiscus oil may solidify under cold temperature.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Hibiscus oil has been known for its hair conditioning properties - stimulating hair growth and helping to prevent hair fall⁷⁸.

Use Suggestions: Best when mixed with virgin coconut oil



Jasmine Oil

Source and Nutrient Content:

Jasmine essential oil is extracted from *Jasminum Gradiflora* (synonym *officinale*), of the *Oleaceae* family and is also known as *jasmine*⁷⁹, *jessamine* and *common jasmine*. Jasmine oil starts its journey as a 'concrete', which is made by solvent extraction, after which an 'absolute' is obtained from the concrete, by separation with alcohol. The essential oil is then produced off the absolute by steam distillation⁸⁰. There are well over 100 constituents found in jasmine oil, but the main chemical components are benzyl acetate, linalool, benzyl alcohol, indole, benzyl benzoate, cis-jasmone, geraniol, methyl anthranilate and trace amounts of p. cresol, farnesol, cis-3-hexenyl benzoate, eugenol, nerol, ceosol, benzoic acid, benzaldehyde, γ-terpineol, nerolidol, isohytol, phytol etc⁸¹.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Jasmine oil contains moisturizing properties to prevent hair breakage. Similar to jojoba oil, jasmine oil is light and able to penetrate the hair shaft and cuticle to deeply condition. Jasmine oil is an antiseptic that purifies the scalp of bacteria, fungus, dandruff and buildup⁸². Tames frizz.

Use Suggestions: Mix with grapeseed oil, olive oil, Argan oil, almond oil or any other carrier oil and take a tiny bit of the same on your palm and run your greased fingers through your wet hair and leave it on. Use as massage oil after mixing with carrier oil.



Lavender oil

Source and Nutrient Content:

Lavender oil is extracted from *Lavandula angustifolia* (also known as *Lavandula officinalis*, *spica* and *vera*), of the *Lamiaceae* (*Labiatae*) family. It is also known as garden, common or English lavender⁸³. The name is derived from the Latin word 'lavera' which means 'to wash' and the Romans used it frequently in their bath routine, and it is said to have been introduced by them into England, where it soon was a firm favorite⁸⁴. Lavender essential oils are made directly from the lavender plant (*Lavandula angustifolia*). Using special distilling techniques, the end-product is a highly concentrated extract of lavender's useful compounds⁸⁵. The chief botanical constituents of lavender oil are linalyl acetate, linalool⁸⁶, terpinen-4-ol, and camphor. Other constituents in lavender oil that are responsible for its antibacterial, antiviral, anti-inflammatory properties include cis-ocimene, lavandulyl acetate, 1,8-cineole, limonene, and geraniol⁸⁷.

Does the oil have a tendency to build up: None reported; hence it can be used for all hair types, especially those who tend to have oily hair⁸⁸.

Is the oil better for scalp or hair or both: Both- Lavender oil is known for its calming and relaxing properties. It helps kill lice, lice eggs, and nits. There are reports suggesting that it can stimulate hair growth.

Use Suggestions: Mix about 10 drops of lavender oil in two tablespoons of carrier oil (coconut or olive) and massage into the scalp. Can be mixed with water, or cedarwood and rosemary oil for use as hair mist or hair spray.

Lemongrass Oil

Source and Nutrient Content:

Lemongrass essential oil is extracted from *Cymbopogon citratus* (also known as *Andropogon citratus*, *A. schoenathus* - West Indian, Madagascar or Guatemala lemongrass; *Andropogon flexuosus*, *Cymbopogon flexuosus* - East Indian, Cochin, British India or native lemongrass), of the *Poaceae* family. The main chemical components of lemongrass oil are myrcene, citronellal, geranyl acetate, nerol, geraniol, neral and traces of limonene and citral⁸⁹.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both- Lemongrass oil can strengthen your hair follicles, and it's great for dandruff. And if you're keen on not over-shampooing your hair, lemongrass oil has astringent

properties that can help keep the hair squeaky clean in between washes.

Use Suggestions: Take a few drops and massage into your scalp during shower, let it sit for 2 minutes and then rinse with cold oil⁹⁰.



Neroli Oil

Source and Nutrient Content: Neroli oil is an essential oil, extracted from the flowers of bitter orange trees (*Citrus aurantium* var. *amara*). It's also known as orange blossom oil. The oil is extracted from the flowers by steam distillation⁹¹. Key components of this oil include linalool, linalyl acetate, nerolidol, (E,E)-farnesol, α -terpineol, limonene. The antioxidant properties of this rich oil encourage healthy cell growth, boosts and revitalises dull looking hair, and helps treat dermatitis and scalp irritations.

Does the oil have a tendency to build up: No, but this needs to be mixed with a carrier oil.

Is the oil better for scalp or hair or both: Scalp mainly due to its antioxidant properties, but can also be used along the length of hair.

Use Suggestions: This oil has to be diluted in another carrier oil (such as coconut or olive). This oil blends well with all citrus oils⁹², Rose, lavender, sandalwood, jasmine, cedarwood, geranium, Benzoin, Ylang-Ylang, Rosemary and Sandal Wood.



Nigella Sativa Oil

Source and Nutrient Content: *Nigella sativa* (N. *sativa*) is a small flowering plant that grows in Southwest Asia, the Middle East, Southern Europe, and Northern Africa. This shrub also produces fruit with tiny black seeds. Commonly referred to as simply black seed, N. *sativa* seeds go by many other names, including black cumin, black caraway, nigella, fennel flower, and Roman coriander⁹³. *Nigella sativa* seed oil is chiefly composed of unsaturated fatty acids that are arachidonic, eicosadienoic, linoleic

and linolenic and saturated fatty acids that includes palmitic, stearic and myristic. The seed oil contains compounds such as cholesterol, campesterol, stigmasterol, β -sitosterol, α -spinasterol, (+)-citronellol, (+)-limonene, p-cymene, citronellyl acetate, carvone, nigellone, arachidic, linolenic, linoleic, myristic, oleic, palmitic, palmitoleic and stearic acids. Seed oil contains fixed oils like linoleic acid (55.6%), oleic acid (23.4%) and palmitic acid (12.5%) and volatile oils like trans-anethole (38.3%), p-cymene (14.8%), limonene (4.3%), and carvone (4.0%)⁹⁴. *Nigella sativa*, black seed oil is thought to naturally restore hair growth in thinning areas thanks to its high concentration of thymoquinone, a powerful antihistamine⁹⁵.

Does the oil have a tendency to build up: No, but this needs to be mixed with a carrier oil.

Is the oil better for scalp or hair or both: Scalp mainly due to its antioxidant and anti-histamine properties.

Use Suggestions: Pure unrefined and cold-pressed black seed oil has to be diluted in another carrier oil (such as coconut or olive), because it's too potent on its own. And when diluted, it can be used directly on the scalp to reduce inflammation, stimulate hair growth and reduce flakiness and sensitivity.



Peppermint

Source and Nutrient Content:

Peppermint oil is extracted from *Mentha piperita* of the Labiatae family and is also known as brandy mint and balm mint. It is a native of the Mediterranean, but is now also cultivated in Italy, USA, Japan and Great Britain. Peppermint oil is extracted from the whole plant above ground just before flowering. The oil is extracted by steam distillation from the fresh or partly dried plant. The chemical components of peppermint oil are menthol, menthone, 1,8-cineole, methyl acetate⁹⁶, menthofuran, isomenthone, limonene, b-pinene, a-pinene, germacrene-d, trans-sabinene hydrate and pulegone.

Does the oil have a tendency to build up: Not at all.

Is the oil better for scalp or hair or both: Scalp mainly as it stimulates blood circulation and promotes hair growth-menthol in peppermint essential oil is a

vasodilator, and vasodilators improve blood flow.

Use Suggestions: Add a couple drops of oil to about one tablespoon of your favorite scalp massage oil like coconut, jojoba, or shea butter oil. You can also put peppermint oil straight into your shampoo and conditioner bottles.



Rose Oil

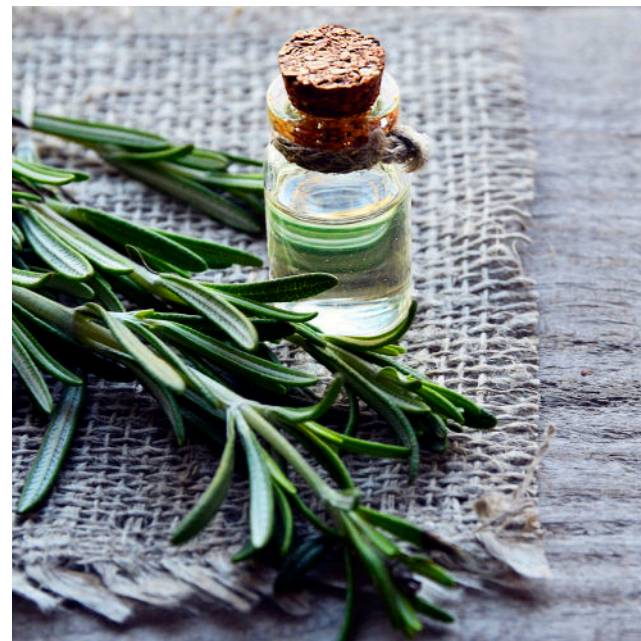
Source and Nutrient Content: Rose essential oil is extracted from the damask rose - *Rosa damascena* of the Rosaceae family and is also known as Bulgarian and Turkish rose, otto of rose and attar of rose. 'Rosa' comes from the Greek 'roden' meaning 'red', as the ancient rose was thought to have been crimson. Rose otto oil is extracted from the fresh flowers, picked before 8 am in the morning, by steam distillation. The heat used in the distillation process is carefully controlled, as the aroma can be damaged if the heat is too high. The chemical composition of rose

oil is one of the most complex and contains more than 300 known compounds, yet the main chemical components of rose oil can be listed as -citronellol, phenyl ethanol, geraniol, nerol, farnesol and stearpten with traces of nonanol, linalool, nonanal, phenyl acetaldehyde, citral, carvone, citronellyl acetate⁹⁷, 2-phenylmethyl acetate, methyl eugenol, eugenol and rose oxide.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both, rose oil, when used along with another carrier oil, is known to add lustre to hair. It also works effectively towards promoting hair growth and makes the scalp healthier with its antifungal properties⁹⁸.

Use Suggestions: You could use it with tea tree oil to help with an itchy scalp. Also blends well with geranium, jasmine, clove and palmarosa.



Rosemary Oil

Source and Nutrient Content:

Rosemary oil is extracted from *Rosmarinus officinalis* (also known as *Rosmarinus coronarium*) of the Labiatae family and is also known as incensier⁹⁹. Rosemary is one of our most prized herbs. It was held in reverence by the ancient Romans, Egyptians, and Greeks. Extracted from the herb *Rosmarinus officinalis*, rosemary oil is popular in aromatherapy¹⁰⁰. The main chemical constituents are 1,8-cineole (43.77%), camphor (12.53%), and α -pinene (11.51%).

Does the oil have a tendency to build up: None reported; ideal for all hair types, especially for thick hair with a rich color.

Is the oil better for scalp or hair or both: Both- stimulates scalp blood circulation and hair growth, helps in retaining color.

Use Suggestions: Mix about 10 drops of rosemary oil in two tablespoons of carrier oil (coconut or olive) and massage into the scalp. Can be mixed with cedarwood and lavender oil for use as hair mist or hair spray



Sandalwood Oil

Source and Nutrient Content:

Extracted from *Santalum album* of the Santalaceae family, native of India. Sandalwood oil is extracted from the chipped heartwood by steam distillation. The main chemical components are santalol, santyl acetate and santalene¹⁰¹.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Laboratory tests of scalp tissue by German researchers found it stimulates hair growth after just six days. It turns out that hair follicles are thought to contain 'smell receptors' that respond to the aromatic odour and trigger the main protein in hair to multiply¹⁰². Sandalwood oil helps with dry ends, and adds fragrance to the hair¹⁰³.

Use Suggestions: Mix with carrier oil and use for scalp massage. Mix with rose oil and use as a hair serum/ mist.



Thyme Oil

Source and Nutrient Content: Thyme oil is extracted from *Thymus vulgaris* (also known as *Thymus aestivus*, *T. ilderdensis* and *T. velantianus*) of the Labiatae family and is also known as common or red thyme¹⁰⁴. This is an ancient herb used in medicine by the Greeks, the Egyptians and the Romans¹⁰⁵. The name is derived from the Greek word 'thymos' that means 'perfume' and was used as an incense in Greek temples. It is extracted from the fresh or partly dried flowering tops and leaves of the plant by water or steam distillation. The main chemical components are a-thujone, a-pinene, camphene, b-pinene, p-cymene, a-terpinene, linalool, borneol, b-caryophyllene, thymol and carvacrol¹⁰⁶.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Recommended for the scalp as it is reported to promote hair growth.

Use Suggestions: Thyme is particularly strong, even among essential oils. Put only 2 small drops in 2 tablespoons of a carrier oil before applying it to your scalp. Leave it on for about 10 minutes¹⁰⁷, then wash it out.



Ylang-Ylang Oil

Source and Nutrient Content: Extracted from *Cananga odorata* var. *genuina* (*Unona odoratissimum*). In Indonesia, the flower petals are strewn upon the bed on wedding nights. The oil was once a popular ingredient of hair preparations in Europe and was known as macassar oil. Ylang-ylang oil is extracted from the freshly picked flowers by water or steam distillation. The first distillation is called Ylang-ylang extra, which is the top grade. The main chemical components are linalool, geranyl acetate, caryophyllene, p-cresyl methyl ether, methyl benzoate, benzyl acetate, benzyl benzoate and other sesquiterpenes¹⁰⁸.

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both. Ylang Ylang Essential Oil is an effective natural treatment to reduce hair fall caused by stress and alopecia. When it is massaged into the hair follicles, it stimulates hair growth. It is a natural way to treat thinning hair¹⁰⁹. Ylang Ylang Essential Oil works to help detangle hair, promote shine, and stimulate hair growth.

Use Suggestions: Mix with lavender, rosemary oils for maximum benefits.



BUTTERS



Aloe Butter

Source and Nutrient Content: This is a plant known to grow in almost all climates. It is a resilient plant that needs little or no maintenance/care to flourish. It is a plant used generally for health purposes. The predominantly used component of this plant for hair maintenance is the gooey, extremely bitter (sometimes yucky) middle also known as aloe vera gel¹¹⁰.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both

Is this suitable for low porosity, protein sensitive hair: Maybe not. Aloe vera has a pH scale of 6, which is a slightly acidic value. Low porosity hair has cuticles

that are always lowered and can only be raised by warm moist heat and alkaline pH products.

Use Suggestions: Mix with other butters for use in scalp massage, as a conditioner and even as a leave on.



Cocoa Butter

Source and Nutrient Content: Cocoa butter, also called theobroma oil, is a pale-yellow, edible fat extracted from the cocoa bean. To harness cocoa butter, the beans are taken out of the larger cacao plant. Then they're roasted, stripped, and pressed to separate out the fat—the cocoa butter. The remnants are then processed into cocoa powder¹¹¹. Cocoa butter is extremely beneficial for hair care as it is hydrating and has emollient properties that help to deeply nourish the hair shafts and condition them. This leaves hair silky, smooth, less frizzy, and much easier to manage.

Nature of Oil (Light vs Heavy):

Generally heavy in this natural form but depends on the formulation.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Maybe not if you choose the correct formulation.

Is the oil better for scalp or hair or both:

Both- The polyphenol and flavonoid antioxidants in the butter work to fight the free radical effects of aging and its healing properties help to promote hair growth. It also contains stearic, palmitic, myristic, arachidic, and lauric acids. This impressive fatty acid profile makes it highly effective at moisturizing the hair shaft¹¹². However the penetrating potential of this agent is low (~32% monounsaturated fats) Is this suitable for low porosity, protein sensitive hair: Recommended only for medium porosity hair.

Use Suggestions: It is a wonderful pre-wash hair treatment. It can also be used as a conditioner during your shower as well as a leave-in conditioner¹¹³. It also improves scalp health by creating a natural, healthy oil production which can reduce dandruff and also produce healthy hair follicles resulting in thicker and stronger hair.

Cupuaçu Butter

Source and Nutrient Content: It is typically cold pressed, filtered, and refined of the cupuaçu tree, found in the rainforests of Brazil and Cuba. This tree is related to the familiar cacao tree, and cupuaçu seeds have often been used to make white chocolate

and other delicious treats. The butter is known to be an excellent plant based alternative to lanolin¹¹⁴. An abundance of phytosterols in cupuaçu butter benefits and repairs dry and damaged skin along with free radical fighting polyphenols.

Nature of Oil (Light vs Heavy): Not very heavy

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up:

It has a lighter consistency than shea butter, so your hair won't tend to feel so weighed down¹¹⁵.

Is the oil better for scalp or hair or both:

Both. As cupuaçu butter absorbs water, it's ideal for sealing in moisture in your hair. It has hydrating properties thanks to the high levels of phytosterols found within it and these help it work as a moisturizer for dry, frizzy hair.

Is this suitable for low porosity, protein sensitive hair: Yes

Use Suggestions: Use as pre-poo.

Kokum Butter

Source and Nutrient Content: Kokum butter and oil are derived from the fruit kernels of the kokum tree. Also known by its scientific name *Garcinia indica*, this fruit-bearing tree is found in the Western Ghats region in India. To make Kokum butter, kokum oil is extracted from the seeds and processed into a vegetable butter similar to cocoa or shea butter. Kokum is more firm and crumbly than other butter¹¹⁶ and is

typically found in a light gray or yellowish color. Kokum butter is high in essential fatty acids, vitamin E¹⁷.

Nature of Oil (Light vs Heavy): Kokum butter is gentle and lightweight enough to be used as a nightly scalp treatment. It's less greasy than other butters and doesn't leave any fragrance behind. It can be blended with camellia and coconut oil for added benefits.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Kokum butter can be used to treat the scalp. The high stearic acid concentration of kokum butter makes it an excellent option for making conditioners. But if you use too much, those high concentrations can thicken the formula beyond what's desired.

Is this suitable for low porosity, protein sensitive hair: Not specifically tested and reported.

Use Suggestions: Use as a hair mask. Kokum butter is ideal for scalp treatments to promote strong roots and a nourishing atmosphere for all that new hair growth. The thing that makes this butter stand out is the fact that it isn't as greasy as cocoa butter and the light fragrance isn't as noticeable as shea butter¹⁸.



Mango Butter

Source and Nutrient Content: Mango Butter (derived from mango kernels) has a lighter, smoother feel than shea butter though both melt into skin. Its high levels of saturated and monounsaturated fatty acids seal and protect strands, and are high in antioxidants to shield from environmental stressors like sun and heat damage¹⁹.

Nature of Oil (Light vs Heavy): Lighter than shea butter

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Not if used in moderation and from a good brand

Is the oil better for scalp or hair or both: Rich in vitamins A and E, Mango Butter has a deep moisturizing and regenerative effect on both strands and scalp. It fortifies strands from the inside out, softens dry hair, reduces breakage,

and smooths split ends. These vitamins are also amazing when it comes to locking in moisture and helping to prevent scalp irritation and flaking—without ever leaving the hair greasy or limp. However, this is not a penetrating agent, rather it coats, seals and avoids surface tension.

Is this suitable for low porosity, protein sensitive hair: Helps medium porosity hair.
Use Suggestions: Use as a sealant, can add to other hair care products.

Murumuru Butter

Source and Nutrient Content:

Extracted from the seeds of the *Astrocaryum murumuru* plant that is found and grown across the Amazon in Brazil. Murumuru butter is a lot like coconut oil because murumuru butter, known to be deeply nourishing, comes from the white fat found in the nuts of a palm tree²⁰. Murumuru butter contains Vitamin C, and also has a high level of Vitamin A and fatty acids, including a high content of beneficial lauric acid and oleic acid.

Nature of Oil (Light vs Heavy): No

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Unlike many other oils and butters, murumuru butter isn't heavy and will not leave behind any greasy residue²¹.

Is the oil better for scalp or hair or both: Both. Murumuru butter has a high lauric acid content, a fatty acid shown to penetrate the hair's shaft. This allows for better moisture retention and sealing of the

cuticle, resulting in softer, more hydrated hair²².

Is this suitable for low porosity, protein sensitive hair: Yes

Use Suggestions: As a rich emollient for skin and hair, murumuru butter is a wonderful addition to hair conditioners, shampoos and pomades to provide rich moisturization. It softens while locking in moisture, which helps keep your hair shiny and healthy even with frequent shampooing. The best use of murumuru butter for hair is as a post-shampooing treatment. Apply a small amount to wet hair, which will lock in the moisture and act as a permeable sealant, making leave-in conditioner more effective.

Pistachio Butter

Source and Nutrient Content: The pistachio a member of the cashew family, is a small tree originating from Central Asia and the Middle East. The tree produces seeds that are widely consumed as food. This butter is rich in polyunsaturated fatty acids, monounsaturated fats, trans fatty acids, Vitamins A, B6, C and E.

Nature of Oil (Light vs Heavy): Light

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: No

Is the oil better for scalp or hair or both: Both

Is this suitable for low porosity, protein sensitive hair: Not reported

Use Suggestions: Mix with other butters for use in scalp massage, as a conditioner and even as a leave on.



Shea butter

Source and Nutrient Content: Shea butter is a by-product of shea nuts that are harvested from the *Vitellaria paradoxa* tree in West Africa. Shea butter is produced through an arduous process of harvesting, washing, and preparing the shea nuts from which oil is then extracted. The shea tree is also known as the “karite tree” (which means “tree of life”) because of its many healing properties. Filled with Vitamins A and E along with essential fatty acids, shea butter has both emollient and healing properties for the skin. Some of these ingredients, such as the high content of fatty acids in shea butter, are also thought to help add moisture to your hair. This

might possibly reduce dryness and prevent split ends¹²³.

Nature of Oil (Light vs Heavy): On the heavier side - because shea products are available in both oil and butter form, you must know your individual hair needs prior to use. In the case of thin or oily hair, shea butter can be heavy and make hair flat or greasier. If you have a looser hair texture, shea oil in small portions may be more beneficial.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Shea based oils and butters can leave a film on your hair. This may not be desirable if you have thin hair, as this can weigh it down. Shea butter has about ~50% monounsaturated fats and can somewhat penetrate the hair, its main use however is as a sealing agent.

Is the oil better for scalp or hair or both: Both - if used in moderation

Is this suitable for low porosity, protein sensitive hair: Low porosity hair requires moisturizers rich in emollients such as shea butter, jojoba oil, and coconut oil¹²⁴, however the amount used is important as a high amount could weigh the hair down. Recommended for medium porosity hair.

Use Suggestions: Fatty acids in SB help increase shine and reduce the frizz of your hair. It may also help protect hair from heat damage caused by flat irons and blow drying¹²⁵. Shea butter’s anti-inflammatory properties might also help reduce redness

and scalp irritation by providing healing effects without clogging the pores. Additionally, as a natural product, it’s safe to use on all types of hair, even hair that’s damaged, dry, or color treated. Raw shea butter isn’t the only hair care solution available. Certain over-the-counter hair care products (especially conditioners) also contain shea butter. The role of conditioners in overall hair health includes strengthening hair fibers, lubricating cuticles, and reducing frizz

Tucuma Butter

Source and Nutrient Content: Tucuma is a palm tree that produces small hard fruits with a big seed. Tucuma Palm is a cousin of the murumuru palm, is also native to the Amazonian region, possibly to the state of Pará, where it has its center of distribution, and reaches French Guiana and Suriname. Tucuma butter is made from the seeds and tucuma oil from the pulp. The Tucuma palm is from the same family of the Murumuru palm, the butters have similar properties. Both butters are known for their “vegetable silicone” properties¹²⁶. Tucuma butter is noted for its rich Oleic acid content, it is also rich in Myristic and Lauric acids, a combination that gives it its amazing cell rebuilding/repair qualities. Tucuma butter is rich in Vitamin A and fatty acids and has tremendous antioxidant polyphenols properties¹²⁷.

Nature of Oil (Light vs Heavy): Not very heavy.

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: It is non comedogenic: This means it dissolves easily without clogging up pores. You don’t want to end up with clogged pores as it can cause dirty hair and breed dandruff which are flaky and are just not good.

Is the oil better for scalp or hair or both: Both. High levels of Lauric and Myristic fatty acids makes this butter fall under hair penetrating butters category.

Is this suitable for low porosity, protein sensitive hair: Yes

Use Suggestions: Tucuma butter is a great hair conditioner that softens and tames frizz. It gives shine to the hair and makes it easy to comb and style. A Tucuma oil mask can make it feel very light and luxurious. Its buttery descriptions may intimidate looser-haired curlies and wavies, however, it is truly beneficial to all curl types. Fine hair can use it as a pre-treatment or styler and other hair types can use it for any hair care or styling technique¹²⁸.

Ucuuba Butter

Source and Nutrient Content: Ucuuba scientifically known as *Virola surinamensis* is a tall tree that produces a small red fruit. It is a native tree of the floodplains found throughout the Amazonian region, but it is found throughout Central and South America. The indigenous name of the tree means grease (ucu) and tree (yba). Ucuuba Butter is a natural butter, cold pressed from the seeds of the Ucuuba tree. It is not processed. The resulting butter is light brown, soft & dry in consistency. Ucuuba

butter is ultra-rich in Lauric, Myristic and Palmitic acid – essential in healthy cell development, regulation of the immune system and maintenance of healthy skin and hair. Ucuuba butter is also rich in vitamin A and C, and in unsaturated fatty acids. Ucuuba Butter is said to have anti-inflammatory and antiseptic properties and is ideal for treating acne, eczema and dry or irritated skin¹²⁹.

Nature of Oil (Light vs Heavy): Not very heavy

Penetrating or sealing oil: sealing

Does the oil have a tendency to build up: Not if used in moderation.

Is the oil better for scalp or hair or both: Both-The moisturizing effect of ucuuba butter also make it ideal for a hair treatment, while the natural antiseptic qualities help to clarify the scalp. Vitamin A and C help to protect hair from free radical damage, which helps to improve hair elasticity and to reduce breakage

Is this suitable for low porosity, protein sensitive hair: Yes

Use Suggestions: While ucuuba butter can be added to a conditioner, it is best used as a mask. Can also be used as a wax leave-in conditioner to smooth hair¹³⁰.





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