

## DATA SHEET

### POMEGRANATE

**INCI name:** *Punica granatum*

**Typical Country of Origin:** India

#### Product Specifications

The pomegranate (*Punica granatum*) is a fruit-bearing deciduous shrub in the family Lythraceae, subfamily Punicoideae, that grows between 5 and 10 m tall. The pomegranate was originally described throughout the Mediterranean region. The name pomegranate derives from medieval Latin pōmum "apple" and grānātum "seeded". The pomegranate has multiple spiny branches and is extremely long-lived, with some specimens in France surviving for 200 years. Red-purple in colour, the pomegranate fruit husk has two parts: an outer, hard pericarp, and an inner, spongy mesocarp (white "albedo"), which comprises the fruit inner wall where the seeds attach.



#### Technique of Extraction

Pomegranate oil is a luxurious oil that is cold-pressed from the seeds of the pomegranate fruit. It is filled with antioxidants that are beneficial for the skin. Escentia's pomegranate oil is unrefined. Antioxidants, such as Vitamin C, found in pomegranates work by reducing cellular damage in your body. Other compounds include tannins, ellagitannins, and anthocyanins.

#### Usage and Functions

- Used topically in skincare products and in massages. Used in soaps, massage oils, facial care products, and other body care and cosmetic products.
- Pomegranate Carrier Oil is said to boost collagen production, enhance skin elasticity, reduce the appearance of scarring, and promote the reversal of skin damage.
- Leaves lasting moisture without leaving a greasy residue or clogging pores.

### **Additional Information**

The fruit is native to the Mediterranean region and has long been used for its therapeutic properties. The oil is often cold-pressed from the seeds and then used in oils, serums, or creams. It's been hailed as a super fruit and beloved in skincare for its potent fatty acid, polyphenol, and other antioxidant properties—which can account for its many benefits. Years of studies have shown that it may be able to reduce the appearance of wrinkles and dark spots. It has also been said to improve the growth of skin cells and improve skin hydration and elasticity.

Perhaps one of its most famous benefits is hydration: It is said to contain punctic acid, an omega-5 fatty acid that helps to hydrate and prevent moisture loss. It may also help to support the skin barrier. It is rich in fatty acids, which help to plump out and hydrate the skin. The oil can also nourish and soften dry, cracked skin— it may also help reduce redness and flakiness. Its hydrating properties may benefit all skin types.

### **Pomegranate has been said to:**

- Contain antioxidants that may help to decrease the appearance of age spots and wrinkles.
- Reduce inflammation and free radical damage to the skin. The antioxidants present in pomegranate may be able to reduce the symptoms of certain inflammatory skin conditions like acne and eczema.
- Pomegranate is thought to contain natural antimicrobials from Vitamin C, which may help fight bacteria and fungus in your skin. Such benefits may help treat P. acnes bacteria, which may be a precursor to acne breakouts.
- The antioxidants in pomegranate are also thought to help provide natural protection against ultraviolet (UV) rays.



Pomegranate oil has been used in hair care products to nourish both the scalp and hair. It nourishes the hair and stimulates blood circulation, which promotes hair growth and balances scalp pH. It is also said to promote the synthesis of collagen and elastin, as well as to promote skin regeneration, tissue repair, and wound healing. Pure pomegranate oil can be added to your facial creams and serums to take advantage of its incredible benefits.

*This information is believed to be current and accurate but is provided without any warranty expressed or implied. Customers are advised to determine in advance the safe conditions for use of this product.*

*Please note, Escentia Products does not recommend that Essential Oils be taken internally unless under the supervision of a Medical Doctor who is qualified in clinical Aromatherapy.*