

DATA SHEET

RASPBERRY SEED OIL UNREFINED

INCI name: Rubus Idaeus Seed Oil

Synonyms: Red Raspberry, European Raspberry, Framboise

Typical Country of Origin: Canada



Plant Specifications

Raspberry is a perennial plant belonging to the Rosaceae family. Growing up to 2.5 metres high, it has pinnately compound leaves and produces flowers during its second year of growth.

Technique of Extraction

Rubus idaeus Seed Oil is the fixed oil obtained from the seeds of the Raspberry, Rubus idaeus.

Usage and Functions

- Medicinal and pharmaceutical applications
- Aromatherapy applications
- Fragrance component in perfumes and cosmetic products
- Food industry use
- Considered to have the following properties: Lubricating, conditioning, anti-inflammatory, anti-oxidant & moisturizing.
- Regarded to be helpful for: Gingivitis, rashes, eczema, sun damaged or aging skin, arthritis & gout.

Additional Information

A study in 2000 found that raspberry seed oil possessed a UVA and UVB protection similar to that of titanium dioxide, with an SPF protection factor of 28 – 50 against UVB rays and an SPF protection factor against UVA rays of around 8. This natural sun protection is likely due to the oil's high antioxidant content, the Vitamin E and the polyphenols, which neutralize the effect of free radicals.

RED RASPBERRY OIL IS SAID TO:

- Effectively moisturize the skin, improve elasticity, reduce wrinkles and fine lines.
- Regenerate skin cells.
- Have a strong antioxidant content, reducing and repairing damage from the sun and the elements.
- Have a long shelf life of 2 years.
- Heal, strengthen and condition the hair and scalp.
- Prevent moisture loss in the hair, and add shine.
- Help mend split ends.



Additionally, red raspberry oil can be used for eczema, itchy or scaly skin, psoriasis, acne or blemished skin, irritated skin, baby skin, and do it yourself recipes for lotions, soaps, skin and hair care.

Red Raspberry Seed Oil is high in:

- **Carotenoids:** These are strong antioxidants that inhibit UV damage and stimulate cell repair.
- **Vitamin E:** Vitamin E is a powerful antioxidant that protects cells from free radical damage. Since free radical damage causes wrinkles, loss of elasticity, and age spots, vitamin E protects the skin from these common signs of aging.
- **Polyphenols:** More antioxidant power! Other foods high in polyphenols include green tea, red wine, and olives. Studies have shown that when applied to the skin, polyphenols protect the skin from ultraviolet radiation and enhance skin cell regeneration, improving skin tone and elasticity.
- **Essential Fatty Acids:** Red raspberry seed oil contains 83% essential fatty acids (EFAs). According to Naturopathica, "EFAs are necessary for proper skin function... Increasing the levels of key EFAs increases cell membrane fluidity, enhances barrier function and repair, decreases trans-epidermal water loss, improves moisturization, cell signaling, cell immunity, and anti-inflammatory activity." For these reasons, EFAs greatly soothe and remedy skin conditions such as acne, eczema, and psoriasis.

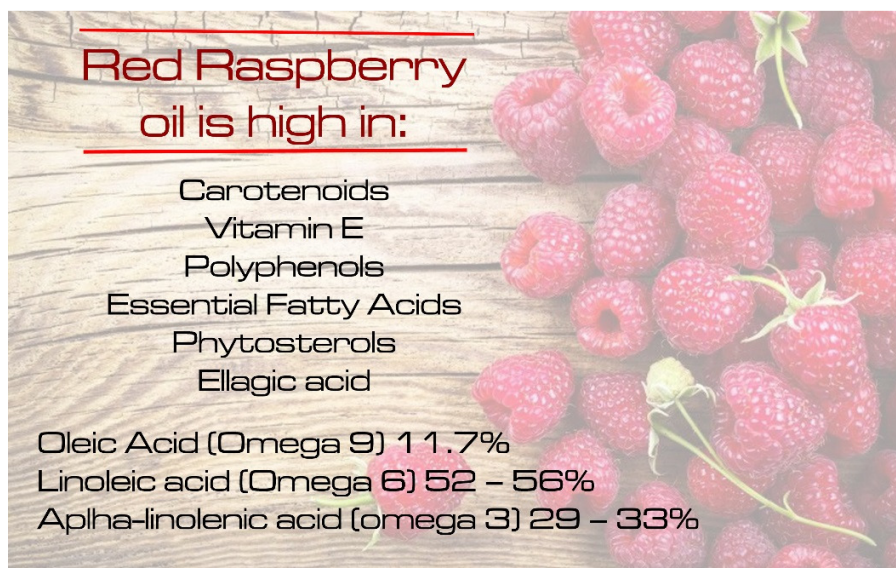
Oleic Acid Skin Benefits:

- Protects skin from the sun
- Penetrates deep into the skin, bringing moisture deep into the skin's surface
- Promotes wound healing

- Reduces inflammation and repairs the skin
- Found in our own skin's sebum
- Richer and heavier, seals in moisture
- Great for dry skin

Linoleic acid skin benefits:

- Used as an anti-inflammatory
- Retains moisture
- Effective in cell regeneration
- Heals the skin barrier
- Is an Omega oil that our body cannot produce on its own
- Lighter and thinner, will nourish and protect without being too heavy
- Great for oilier skin, may not moisturize enough for very dry skin



How to use raspberry seed oil:

- **For the face:** Use a few drops morning and night. It is a non-greasy and non-oily moisturizer that absorbs well. Mix a few drops with your favorite carrier oil or facial cream. Add some to your face masks or lip balms.
- **For hair:** Add 2 – 3 drops to your shampoo or conditioner or just use a few drops on your ends or scalp.
- **For body:** Mix a few drops into your body lotion, sunscreen, bath or shower gel. Use a few drops mixed into your body oil. You could even try making your own natural lotion by combining red raspberry with a carrier oil and our natural hand and body lotion base.

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