Aromatherapy Tip of the Week - #07 March 4, 2008

Jojoba? Oil? or Wax?

Jojoba - Is it an oil or a wax? Well, technically it is a liquid wax. But because it feels like oil many people call it an oil.

It is a golden yellow liquid wax that comes from the seed of the Jojoba plant. Simmondsia chinesis is the botanical name most commonly used in massage and aromatherapy but there are other species too.

What is so unique about Jojoba is the fact that it has a chemical structure similar to human sebum. Yep, the oils in our skin. So when your skin has been exposed to many detergents or has to be in the water a lot your own body may not be able to keep up with the production of oil it needs to help keep your skin soft and pliable, you will want to reach for the Jojoba.

Mother nature to the rescue. Simply apply just a few drops to your hand (or other body parts) and gently rub in. It will quickly absorb into the layers of skin. If you apply just the right amount, it will give your skin a soft glow and will not have a greasy or oily feeling.

Jojoba is used in hair care products, skin care and massage oils. It is safe to use on even the most delicate of skin - such as babies and the elderly. As your skin matures the body has a difficult time producing good skin oil. Jojoba can definitely help with mature skin.

Very nourishing to the skin and quickly absorbed. Although it can be used alone for massage, it may not be the best carrier to use alone because it absorbs so quickly. But you can simply add a little amount to any massage oil and give skin the extra nourishment.

Because it closely resembles the skins own oils it can help with eczema, acne and other inflammatory skin conditions.

Jojoba has an extended shelf life and is unlikely to turn rancid even after several years of storage. It is one of the few oils that has a shelf life of over 5 years.