



## Characteristics

Olive oil cold pressed from olive fruits, can vary from yellow to green in colour and has a distinct peppery characteristic with an earthy odour and taste.

## Application & Use

- Culinary – cooking, salads and cold dishes
- Bath and shower gels
- Body lotions, sprays and butters
- Olive oil can be blended with other ingredients to create a skin-tightening peel and treatment for wrinkles

# Olive Oil

## Olea Europaea Fruit Oil

**Grades: Olive Extra Virgin/Organic Extra Virgin/Pomace/Refined/Squalane**  
**Pack Size: 5kg/25kg/200kg/920kg**

## Background

Olive oil, and particularly extra-virgin olive oil has long been known as one of the world's healthiest oils, with its first recorded extraction reaching back as early as 6000BC. In regions where there is a high level of olive oil consumption, especially in the Mediterranean, there is a low incidence of skin cancer and people tend to live longer and in better health.

## Benefits

The constituents of olive oil such as flavonoids, squalene and polyphenols, may help to protect against cancer, preventing cell damage from oxygen-containing chemicals called free radicals. Its high proportion of vitamin E and unsaturated fat make it good for the body whether it's applied to the skin or ingested through salads and other foods.

Olive oil's unsaturated fat content lowers the level of harmful LDL cholesterol in the body, and its fat composition is very similar to that of human skin - the oil is absorbed quickly without leaving a greasy film behind, helping to lock moisture into the skin.

## Origin

The olive and the tree which produces olives (*Olea europea*) are known to have been cultivated around the Mediterranean about 6000 years ago.

## Extract method

Olive oil is obtained by the cold pressing of olive fruits, retaining as many valuable nutrients as possible.

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