

## PUMPKIN SEED (CUCURBITA PEPO) OIL

Pumpkin seed oil is extracted by cold press .

Pumpkin seed oil is rich in vitamin E, zinc, omega 3- and 6- fatty acids as well as antioxidants, therefore it has tremendous benefits for the skin in terms of retaining moisture, fighting free radicals and maintaining a youthful appearance. It also contains vitamins A and C, high amounts of zinc and vitamin E. It helps improve skin tone, fight acne and help with skin renewal.

Pumpkin seed oil also contains many kinds of carotenoids, like beta-carotene and lutein. Beta carotene is a form of Vitamin A. Carotenoids are good for the skin. Pumpkin seed oil contains Vitamin E, in both of its forms, tocopherols and tocotrienols. Pumpkin seed oil contains the highest amount of beta carotene out of all seed oils.

Pumpkin seed oil, much like coconut oil, is great for improving hair quality. In addition to shielding the hair protein, it also hydrates the follicles, ensuring shiny, lustrous strands, especially essential for over-processed hair from relaxers and heat.

Pumpkin seed oil is very emollient and penetrate skin well. It can be used blended in a carrier oil or added to creams or hair products.

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