



BLACK SESAME (SESAMUM INDICUM) VIRGIN OIL

The sesame plant (*Sesamum indicum*) is a lovely annual shrub with white bell-shaped flowers tinged with a hint of blue, red or yellow. It is grown worldwide, particularly in India, China, South America and Africa. Its present popularity is nothing new, for it has been cultivated for over 4,000 years in Mesopotamia.

The rich, almost odourless oil expressed from the tiny seeds is very stable and contains an antioxidant system comprising sesamol and sesamolinal formed from sesamol, which substantially reduce its oxidation rate.

It is also highly nutritious, rich in vitamins A, B and E as well as the minerals iron, calcium, magnesium, copper, silicic acid and phosphorus. It contains linoleic acid and alpha linoleic acid as well as lecithin.

Sesame oil is immensely popular in India where its use in oil massage (*abhyanga*) is part of everyday life and an important aspect of Ayurveda. It is the favourite oil for massage as its chemical structure gives it a unique ability to penetrate the skin easily, nourishing and detoxifying even the deepest tissue layers. In fact it is said to benefit all the seven tissues (*Dhatus*).

Sesame oil has a string nutty flavour and is best blended with other oils.

Alodia Co. Ltd. 779/209, pacharatbhumpen road, samsennok, huaykwang, Bangkok 10310, Thailand.

Tel +662 691 6232; Email: info@alodiathailand.com

www.alodiaspaproducts.com