

Oil Type	Usage	Kitchen						Heating Instructions
		Cold	Steami	Frying	Deep-	Seasoni	Baking	
Olive oil	Dry or scaly skin, spinal disc ache, back & muscle ache, heart & circulation problems, stomach & intestinal problems, and as a massage oil.	+	+	+	(+)		+	Do not heat virgin oils above 180° C (350° F)
Walnut oil	Beneficial for liver, bile, respiratory tracts and metabolism.	+					+	Only heat gently
Hazelnut oil	Use as a skin oil to tighten, promote blood circulation & skin elasticity, and as a massage oil. Also relieves respiratory problems.	+	+	(+)			+	Virgin oils: Do not heat above 180° C (350° F) and do not use for frying
Almond oil	Skin and bath oil for soothing, nurturing and protecting, especially beneficial for dry (scaly) skin, and as massage oil. Also used for stomach and intestinal problems.	+					+	Only heat gently
Peanut oil	Care product for skin and scalp, effective for dandruff; as a bath additive, especially for chronic eczema; basic oil for massages; cleans the bowel.	+	+	+	+		+	You can heat up to 230° C (450° F)
Siberian Cedar nut oil	Supports and corrects immune system, regenerates cells, normalizes blood composition, prevent arthrosclerosis, slows down aging, anti-cellulite effect	+					+	Only gently warm
Pistachio oil	Comparable to almond oil; massage oil, used for abscesses, grazes, cuts and helps prevent cirrhosis of the liver.	+					+	Only gently warm

Argan oil	Protects skin against dryness and helps makes it more supple; may be used on superficial burns, redness, dermatitis, acne, chickenpox, and as massage oil.	+	+			+	(+)	Only gently warm
Flax oil	Mixed with jojoba oil to treat eczema, dry or cracked skin. Use pure to treat dermatitis. A wide range of beneficial effects when taken orally.	+						Only heat moderately
Thistle oil	Gives dry skin more subtleness and increases elasticity; anti-inflammatory and maintains the immune system; may be used to help prevent heart and circulation problems.	+	+					Only gently warm
Pumpkin seed oil	Urinary passage and spinal disc problems; cystitis and urinary incontinence.	+				+	+	Only gently warm
Sesame oil	Ideal for both dry and normal skin, prevention of stretch marks, baby oil and scar massage; tonic (for the nerves).	+	+	(+)		+	+	Only gently warm
Grape seed oil	Suitable for oily, impure and aging skin; assists wound healing; also used for massages; heart and circulation problems.	+	+					Only gently warm cold pressed oil
Wheat germ oil	Great for nourishing and rejuvenating dry, mature, dehydrated skin; reducing scars, stretch marks, sunburns, and damaged skin. Improves lymph function.	+						Only gently warm

Rose hip seed oil	Skin oil, which is very good for all kinds of skin infections such as acne, pimples and boils. Also useful in treatment of damaged skin. or for sensitive skin.					+	Only gently warm
Evening primrose oil	Skin oil for rejuvenating aged, dry, scaly and oily skin susceptible to impurities, dermatitis, itching. Also taken as a dietary supplement for conditions affecting women's health (breast pain, PMS, menopausal symptoms)					+	Only gently warm