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Powers of Argan Oil

Tried and Tested: Nourishing Facial Argan Oil by Essence of Morocco

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Images: Image courtesy Essence of Morocco

There is something extremely powerful about using an oil from a tree that has a life span of 300 years and is regarded as the oldest tree in the world.

The silver bottle of Nourishing Facial Argan Oil, known as liquid gold, therefore had a lot to live up to as I put my faith in it to give my skin a boost and soothe signs of redness and breakouts I had been suffering from recently.

This product from Essence of Morocco is deemed by them to be 100 per cent natural and the oil kernels for this glossy oil are hand-picked by local women - who have known the power of this 'tree of life' for centuries.

My first impression on pumping the oil onto my palm was how quickly it absorbed into my skin and, surprisingly, was not at all greasy. After gently cleansing and exfoliating, I slightly warmed the oil and gently massaged it into my face using a circular motion as it suggested on the bottle.

As it is rich in Vitamin E, which is an essential fatty acid and antioxidant, experts believe it can help with many skin conditions, from dry skin and wrinkles to psoriasis, eczema, acne and rosacea. This is because the oil naturally hydrates and protects the skin and generally Argan oil can also be used to strengthen hair and nails. Moroccans also put the oil in their food which is one of the best ways to reap its health benefits.

I used it as my night-time moisturising treatment for a week but after just two applications I started to feel that my skin was softer and more nourished and the outbreaks of red on my cheeks had started to fade.

As the week progressed, my face looked more youthful and foundation, which had previously looked a bit dry, was easily absorbed and my complexion started to look more dewy than blotchy.

I guess that's why Moroccan women have used it as part of their beauty routine for centuries - but now the secret's out and there is no going back for this fresh-faced reviewer...

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