



Chia Oil

cold pressed virgin oil

INCI Name: Salvia Hispanica Seed Oil

Key Benefits:

- Antioxidant properties
- Anti-aging benefits
- Gentle for sensitive, acne-prone, and baby skin
- Re-fattening and emollient properties
- Hydrating and nourishing

Background

Chia seeds come from a flowering plant of the mint family (*Labiatae*) that is native to Mexico and Guatemala. History suggests that they were the favorite food of Aztecs and Mayas. Legend says that Aztec warriors got the strength to win battles from chia seeds. Today, the popularity of these seeds has increased due to its high nutritional value.

Chia oil (*Salvia Hispanica L.*) is produced by cold pressing the seeds and is suitable for the Food Industry and the Personal Care and Cosmetics Industries.

Cosmetic Properties

Chia seeds are one of the richest and most precious natural source of Omega-3 in the plant kingdom. Despite it being a naturally rich source of α -linolenic acid, a ω 3-polyunsaturated fatty acid, it is not common in the Cosmetics Industry and cosmetic oils. Omega-3 fatty acids have a structural and functional role in skin immunomodulation and anti-inflammatory activity.

Chia oil prevents the onset of cutaneous hypersensitivity reactions which increase with age. It is an effective ingredient for dermocosmetic treatment of autoimmune inflammatory pathologies

such as atopic eczema and psoriasis. The anti-inflammatory activity is increased by phytosterols, mainly β -sitosterol, which is the most abundant, as well as Campesterol.

The oil can also be used for anti-aging products. Several studies have shown that Omega-3 fatty acids can play a role in decreasing skin damage from UV light, reducing the onset of typical skin photoaging signs (wrinkles, age spots, etc.).

Since the deficiency of α -linolenic acid is related to skin xerosis, onset of acne and fragility of cutaneous annexes, Chia oil is an ideal ingredient for hydrating/nourishing formulations and restorative/strengthening treatments for hair and nails. It has re-fattening and emollient properties.

Typical Properties

Appearance @ 25°C	Gold Yellow Liquid
Linolenic acid, %	58 - 68
Linoleic acid (C18:2), %	13 - 23
Solubility	Insoluble in water Soluble in fats and oils
Heavy Metals	<20 ppm
Recommended Use Level	0.5 - 5.0%

Product Applications:

- Skin care products targeting skin inflammatory conditions
- Sensitive skin products
- Skin care products targeting dry skin
- Anti-aging products for mature skin
- Nail care products
- Hair care products