**Almond Oil**

From its sweet aroma to its silky soft feel, almond oil has a variety of health benefits that aid your body from the inside out. Most people are aware of the health benefits of just eating almonds themselves, but almond oil offers even more incredible benefits. Essential oils of any kind are made by pressing the source until its natural oils are extracted. This means that the oils are pure and will not have any source of adverse effects. The only thing to be wary of when using almond oil is nut allergies; if you are allergic to nuts, you’ll want to steer clear.

**Castor Oil**

Everybody has heard about this oil but not everyone knows how precious it is for our inner and outer health, well-being and beauty. Discover **castor oil** for yourself that was used for cosmetic purposes even in ancient Egypt. This is vegetable oil, obtained from castor oil plant (palmcrist), able to do a miracle with your hair, skin and even inner organs.

Castor oil is a natural rich emollient and its molecular weight makes it easier to penetrate into the stratum corneum (a fancy word for the outermost layer of the epiderm). Dermatologists will tell you that a healthy stratum corneum makes healthy youthful looking skin. Do this religiously and earn top marks for beautiful skin. This ritual will also reduce appearance of age spots (brought about by sun damage and the aging process) and produce suppler skin.

Is your skin dragging your appearance down with wrinkles and age spots? Age can get the better of you but you can get the better of the situation with this easy ritual: apply a thin layer of castor oil to face before going to sleep.