

Carrier Oils

This month in our continuing series of oils, we take a look at the carrier oil

Peach Kernel

With thanks to Purple Flame Aromatherapy, St John's Spinney, Gun Hill, New Arley, CV7 8IT

The peach tree is a small deciduous tree, growing to approximately 8 metres in height. The peach tree as we know it has not yet been discovered in a wild state. The naturalist De Candolle attributed all cultivated

varieties of the plant to one species that probably originated in China. Supporting this theory is the fact that the peach tree was introduced from China into Cochin China, and that the Japanese call the fruit by its Chinese name, Too. Other naturalists, Darwin among them, looked on the peach as a modification of the Almond.

Alexander the Great first brought back news of the peach, and by the first century, Romans were thoroughly enjoying what they termed "Persian Apples".

Today, the peach is mainly produced in California and Texas, and the oil produced from its kernel is used in a variety of products, both for internal application (as a laxative) and external application (as a user-friendly emollient/ massage medium).



Oil Name:
Peach Kernel

Origin:
China

Family:
Rosaceae

Made From:
Kernels

Latin Name:
Prunus persica

Method of extraction:
Cold pressed

Main properties said to be:
Emollient

Main therapeutic uses:
This oil is said to benefit itchy skin - eczema in particular. Suitable for sensitive, dry and aging skins, Peach Kernel makes a good facial massage oil. It is often used in skin

care creams, and is said to have a regenerating and tonic effect on the skin.

Main constituents:
Glycerides of: Linoleic Acid; Myristic Acid; Oleic Acid; Palmitic Acid; and Stearic Acid

Other comments:
✦ The bark, leaves and expressed oil from this plant were used traditionally for their sedative, diuretic and expectorant proper-

ties, thus treating coughs, chronic bronchitis and irritated/ congested gastric surfaces.

✦ "Prunus" is Latin for "plum tree", and Persica means "from Persia".

✦ Peach kernel oil is a pale liquid, almost odourless, and of a fine quality.