

4/20/2024

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# tamanu-oil-for-health-while-travel-by-cruising-review

Cruising Review

Tamanu Oil benefits for health series by Cruising Review to enhance and protect health before, while, and after traveling.



This webpage QR code

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Discover the remarkable benefits of Tamanu oil for skin health, including its anti-inflammatory, antimicrobial, and anti-aging properties. Learn about the best forms for absorption and how to incorporate this powerful natural remedy into your skincare regimen for optimal benefits.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/topics/tamanu-oil-for-health-while-travel-by-cruising-review.html>

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# Benefits of Tamanu Oil

## Exploring the Versatile Benefits of Tamanu Oil: Nature's Solution for Enhanced Skin Health

Tamanu oil, a treasure trove of skin benefits derived from the nut kernels of the Tamanu tree (*Calophyllum inophyllum*), has been a well-kept secret in the realms of natural health and skincare. Revered for centuries in Pacific Island and Southeast Asian cultures for its healing prowess, Tamanu oil is making a significant mark in the western world for its remarkable dermatological benefits. This article delves into the multifaceted benefits of Tamanu oil, optimal forms for body absorption, and its versatile use in tea and body lotion.

### The Multifaceted Benefits of Tamanu Oil

- Promotes Wound Healing:** Tamanu oil has been traditionally used to accelerate wound healing. Its cicatrizing properties facilitate the growth of new tissue, thereby speeding up the healing process of cuts, burns, and abrasions.
- Anti-inflammatory Effects:** The oil exhibits potent anti-inflammatory properties, making it an effective remedy for skin conditions characterized by inflammation, such as acne, eczema, and psoriasis.
- Antibacterial and Antifungal:** With inherent antibacterial and antifungal capabilities, Tamanu oil helps in combating microbial infections on the skin, further protecting wounds and preventing acne outbreaks.
- Anti-aging Properties:** Rich in antioxidants, Tamanu oil aids in fighting off free radicals, which are responsible for premature aging. Regular application can diminish the appearance of wrinkles and fine lines, promoting a youthful and radiant complexion.
- Moisturization and Hydration:** The oil's fatty acid content deeply nourishes and moisturizes the skin, making it an excellent natural remedy for dry or parched skin.

### Optimal Forms for Absorption

To harness the full power of Tamanu oil, selecting the right form is crucial for optimal absorption:

- Pure, Cold-Pressed Tamanu Oil:** For direct skin application, pure, unrefined, cold-pressed Tamanu oil is the gold standard. This form ensures that the oil retains its full array of beneficial compounds without any degradation from heat or chemical processing.
- Tamanu Oil-Infused Skincare Products:** For those who prefer a less direct approach, Tamanu oil is also available in various skincare formulations, including creams, serums, and lotions. These products combine Tamanu oil with other complementary ingredients, enhancing its skin benefits and ensuring easier application.

### Use in Tea or Body Lotion

- Body Lotion:** Tamanu oil's restorative and hydrating properties make it a perfect ingredient in body lotions. Its inclusion can help improve overall skin health, offering relief from dryness, irritation, and inflammation.
- Tea:** While Tamanu oil is primarily used topically due to its potent skin benefits, ingesting it is not commonly recommended. There is no evidence supporting its use in tea or any benefits from ingestion.

## TAMANU-OIL

**TAMANU-OIL :** Tamanu oil is pressed from nuts of either the *Calophyllum inophyllum* (usually) or the *Calophyllum tacamahaca* (ati), tropical trees belonging to Calophyllaceae.

*Calophyllum inophyllum* L. (Calophyllaceae) is an evergreen tree ethno-medically used along the seashores and islands of the Indian and Pacific Oceans, especially in Polynesia. Oil extracted from the seeds is traditionally used topically to treat a wide range of skin injuries from burn, scar and infected wounds to skin diseases such as dermatosis, urticaria and eczema.

Different parts of the tree *Calophyllum inophyllum* L. (nuts, leaves, roots, bark, fruits, nut oil and resin) are used as traditional medicines and cosmetics in most of the Pacific Islands. The oil efficiency as a natural cure and in traditional cosmetics has been largely described throughout the South Pacific, which led us to investigate *C. inophyllum*'s chemical and genetic diversity. A correlative study of the nut resin and leaf DNA from three distinct archipelagos in the South Pacific was carried out in order to identify diversity patterns in *C. inophyllum* across the South Pacific.

**Keywords:** tamanu, tamanu (*Calophyllum inophyllum*) seed oil, emulsion, formulation, antibacterial activity, *Calophyllum inophyllum*, Chemodiversity, South Pacific, Neoflavonoids, Oil, Biodiversity, plant oil, barrier function, barrier repair, wound healing, inflammation, antioxidant activity, skin aging

**Summary of Abstracts:** Tamanu oil is pressed from nuts of either the *Calophyllum inophyllum* (usually) or the *Calophyllum tacamahaca* (ati), tropical trees belonging to Calophyllaceae.

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