

# POMEGRANATE SEED OIL

## PUNICA GRANATUM

Country of Origin: Turkey  
Cold Pressed from Seeds

Pomegranate Seed Oil (*Punica granatum*) is a nutrient-dense oil cold-pressed from the seeds of the pomegranate fruit. Naturally rich in punicic acid and antioxidant compounds, it is valued for supporting skin firmness, elasticity, and overall vitality. Traditionally used in skin care for its restorative properties, this concentrated seed oil helps promote resilience and a more radiant appearance when used consistently.

### FUNCTIONAL CONSTITUENTS

#### Punicic Acid (Omega-5)

The primary fatty acid in Pomegranate Seed Oil is known for its antioxidant and skin-supportive properties. Punicic acid supports skin firmness, elasticity, and overall resilience, and has been studied for its role in helping protect against environmental stressors and visible signs of aging.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC10977427/>  
<https://pubmed.ncbi.nlm.nih.gov/36541264/>  
<https://pubmed.ncbi.nlm.nih.gov/38777441/>

### WHAT TO LOOK FOR VS. WHAT TO AVOID

These signs reflect quality and proper handling:

- Cold-pressed from dried seeds
- Naturally thick, dense texture
- Deep amber to reddish-gold hue
- Slightly tart, fruity aroma
- Small-batch production
- Protected from light and heat

These signs often indicate excessive processing:

- Thin, overly light consistency
- Very pale or nearly clear color
- Neutral or no scent at all
- Heavy refining to standardize color
- Bulk-aged or heat-extracted oil
- Cosmetic-grade base oil blends



### HOW WE SOURCE

Our Pomegranate Seed Oil is cold-pressed from the cleaned, dried seeds of fully ripened fruit selected specifically for oil production. Because this oil is naturally dense and concentrated, extraction is done without heat or solvents and handled in small batches to protect its integrity from light, oxygen, and excess heat.

### OUR POMEGRANATE OIL IS:

- ✓ Cold-pressed from dried seeds
- ✓ Unrefined and undeodorized
- ✓ Naturally dense and concentrated
- ✓ Rich in punicic acid (Omega-5)
- ✓ Protected from light and excess heat

Our Pomegranate seed oil is naturally thick and deeply colored. We do not refine it for uniformity or lighten it for cosmetic appeal. Its density, hue, and subtle fruit aroma reflect the seed itself — not processing designed to neutralize it.

### WHAT IT SUPPORTS

- Skin firmness and visible tone refinement
- Elasticity and structural resilience
- Antioxidant defense against environmental stress
- Comfort for dry or mature skin
- A smoother, more supple appearance

## Why Concentration Matters

Pomegranate seed oil is naturally dense and highly concentrated. Unlike lighter carrier oils, it is not meant to be used in large amounts or heavily diluted into cosmetic bases.

### 1. A Potent Fatty Acid Profile

Rich in punicic acid (Omega-5), this oil has a structure that gives it weight and depth. Over-refining can reduce the integrity of these naturally occurring compounds.

### 2. Density Is Not a Flaw

True pomegranate seed oil is thicker than most facial oils. Thinning or excessive filtering may make it feel lighter on the skin, but can compromise its integrity.

### 3. Small Amounts Are Intentional

A few drops are sufficient. This oil is traditionally used as a reinforcing addition to daily care - not as a neutral, all-over base.

### 4. Color and Aroma Signal Integrity

Deep amber tone and a subtle fruit note indicate minimal processing. Extremely pale or scentless oil may reflect over-refinement.

Pomegranate seed oil is valued for its concentration - not for uniformity or cosmetic neutrality.

## USAGE SUGGESTIONS

### ADULTS

- Apply 1–3 drops to clean skin once daily\*
- May blend with moisturizer or layer over lighter oils\*
- Use sparingly due to natural density\*

### CHILDREN

- Apply 1 drop to small areas as needed\*

### 3 & UP

- Use occasionally and monitor for skin sensitivity\*

Our organic, 100% pure pomegranate seed oil is cold-pressed to preserve its naturally occurring punicic acid and antioxidant compounds. It helps support skin vitality, improve the appearance of firmness, and promote a smoother, more radiant-looking complexion. Rich yet easily absorbed, it delivers deep nourishment without feeling heavy and is well suited for face, body, scalp, hair, and nail care.

**Directions:** For topical use. Apply a few drops to clean skin, hair, or nails. Massage gently until absorbed. May be used alone or blended with other carrier oils and essential oils. For external use only.

**Ingredients:** Organic Punica granatum (Pomegranate) from Turkey, cold pressed from seeds.

**Cautions:** Consult physician if pregnant, nursing, taking medication, or have a medical condition. Keep out of reach of children.

Manufactured by Green Organics, LLC • Pure Plant Intelligence™  
754 Cincinnati-Batavia Pike • Cincinnati, OH 45245  
HBNaturals.com • goDesana.com  
Made in the USA with thoughtfully curated global ingredients.  
Best If Used By: 12 months from date of purchase.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Scan QR code for full product details.



## POMEGRANATE IN THE STILLROOM

Pomegranate seed oil has traditionally been reserved for times when the skin needs reinforcement rather than light nourishment. Pressed from the seed, not the juice, it is valued for its concentrated character and protective quality.

In the stillroom, it is used sparingly — a few drops worked into the skin when firmness, depth of moisture, or visible tone feel diminished. Its richness is intentional. This is an oil chosen for structure and resilience, not weightlessness.

## CAUTIONS

Safety Group 1: Generally regarded as safe when used as directed with children and while pregnant or nursing. Keep out of reach of children. Use with care if you have sensitive skin or known plant allergies. Discontinue use if irritation occurs. If you have a medical condition or specific skin concern, consult a qualified healthcare professional before use.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

## MORE WAYS TO USE POMEGRANATE OIL

**Firming Boost.** Add 1–2 drops to your evening moisturizer to support skin firmness and tone.\*

**Layer Over Lighter Oils.** Apply a small amount after rosehip or jojoba to create a richer, more protective finish.\*

**Neck & Jawline Care.** Smooth a drop along the neck and jawline where skin often shows early laxity.\*

**Targeted Treatment.** Press lightly into areas that feel thin, dry, or depleted rather than applying all over.\*

**Overnight Renewal.** Use sparingly as the final step in your evening routine to support overnight skin recovery.\*