

# 9 Prickly Pear Oil Benefits

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1. The Skin Quickly Absorbs It

The essential fatty acids in Prickly Pear oil – namely it's high (60 %) Linoleic Acid content makes it absorb wonderfully into our skin. **It penetrates deeply without leaving behind a greasy residue.**

## 2. It Restores Elasticity and Brightens the Complexion

High antioxidant activity **stimulates cell renewal**, leaving you with fresh, new skin. This oil reduces redness and hyper-pigmentation.

## 3. Nourishes, Moisturizes and Softens the Skin

This oil **intensely hydrates the skin**, it is suitable for all skin types but works particularly well on dry, mature skin.

A high Linoleic acid content soothes even the most dehydrated skin. It is deeply penetrating – you will not find another oil that leaves your skin softer.

## 4. Tightens Pores

Essential fatty acids in Prickly Pear Oil keep the **collagen layer of your skin moist and healthy**, this keeps your pores tight.

## 5. Brightens Dark Spots

This oil is unparalleled in its ability to **brighten the skin and get rid of dark spots**. Vitamin K helps lighten dark under-eye circles and minimize spider veins.

## 6. Slows Skin Aging

Prickly Pear **contains the highest levels of Betalains of any known plant** (more than Acai, Pomegranate, Blueberries, Gogi, and Beets). **Betalains** are super antioxidants with powerful anti-aging effects.

## 7. Prevents Wrinkles

Prickly Pear Oil has an **extensive Vitamin E content**, 895mg/kg (150% more than [Argan oil](#)). Vitamin E is a free radical scavenger and increases cell renewal.

The high fatty acid content plumps the skin, reducing wrinkles and adding firmness, as well as intercepting free radical damage.

## 8. It Will Not Clog Your Pores

A high (60%) Linoleic Acid content and a low (20%) Oleic Acid content makes this oil **non-comedogenic** meaning it will not clog your pores and lead to breakouts.

## 9. Ideal for Sensitive Skin

This oil is **non-irritating**, deeply nourishing and soothing. It calms inflammation and hydrates the skin.

## Fatty Acids

- Oleic Acid 20.6%
- Linoleic Acid 60.5%
- Stearic Acid 3.2%
- Palmitic Acid 13.9%
- Tocopherol 895 mg/kg (almost 150% more Tocopherol than [Argan oil](#))

## This is an Amazing Skin Oil!

All in all Prickly Pear Oil is an excellent addition to your skin care routine. **It is a strong anti-aging oil, and it won't clog your pores.** I am excited to see this oil appearing in more products.

Prickly Pear Oil is expensive because it is very labor intensive, but it is **well worth the cost**. The bonus of buying it is that you are supporting women's cooperatives who harvest and extract the oil – helping them have a better life.