



Mongongo oil

INCI: SCHINZIOPHYTON RAUTANENII KERNEL OIL
No Chinese INCI

Conventional
From Namibia

Mongongo

Mongongo trees are endemic to the savannahs and dry areas of the Kalahari, between Namibia, Botswana and South Africa and also present on a smaller scale in other sub equatorial Africa countries.

It has dark green hand-shaped leaves and small whitish-yellow flowers. The trees leaf in October, and then flower and begin to bear fruit. The nuts are harvested from April onwards when it starts to fall off the trees.

Local people have been using it for centuries to protect skin and hair from wind, sun and dry weather. Archaeological evidence has shown that the fruits were used by the Bushmen as far back as 6000 years. They used the kernels mainly as food but also “chew” the kernels and rub it onto their bodies and hair as a moisturizer against the African heat.

Mongongo Oil is extracted from the kernels of Mongongo tree. It is a thick, dense rich oil with a with a light-yellow colour tending towards green and has a natural smell of hazelnut. Mongongo oil is locally most known as a “hair oil”.



From Namibia

It is believed there are between 600 000 and 800 000 trees in Namibia. Although the tree is generally considered as rapid growing. It has been declared a protected species in Namibia in terms of the existing forest legislation since 1952;

Mongongo fruit and nuts are commonly consumed by local people in Botswana, Namibia and Zimbabwe, and is a staple food amongst the San bushmen of northern Botswana and Namibia. The green fuzzy fruit is somewhat plum-like and falls from the trees from April to May, maturing on the ground. Under the skin is a narrow spongy layer, at first green and pleasantly aromatic to taste, then turning brown with maturity as the flesh softens and develops its sweet date-like flavour.

In Namibia, Mongongo nut oil is made traditionally in households and an extremely limited number of small enterprises produce the cold pressed Mongongo nut oil. Apart from being used in food preparations and cooking, the Mongongo nut oil can also be used in skincare formulations for cleansing and moisturizing (Kivevele and Huan, 2015), since the oil is easily absorbed into the skin (Zimba et al., 2005)



The process

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Traditionally, the inner edible nut is used for oil extraction after removal from the fruit with an axe. The seeds are roasted and then cracked – this removes the hard outer shell but leaves the inner shell intact which helps to keep the kernels clean until they are required for later use. The outer shell is extremely tough and difficult to crack..



The natural properties of our mongongo oil in your cosmetics

- emollient
- protective
- anti-ageing
- sunblock
- anti-inflammatory
- hydrating

100% natural properties

Mongongo oil is used in many hair and skincare products. It works great as an **emollient** and a **protectant** for both the skin and hair and is a good source of Vitamin E, calcium, Omega 6, copper and zinc, all which helps **nourishes damaged skin** and **reduce appearance of wrinkles** and fine lines.

Mongongo oil is said to offer **high levels of polyunsaturated fatty acids** which are absorbed in the skin longer. The fatty acids deliver a protective, emollient layer on the surface of the skin and act as a barrier to **prevent moisture from escaping through the pores**. These fatty acids can retain moisture and keep the skin glowing, while smoothing out rough texture.

Mongongo oil is also a **natural sunblock** with its alpha-Eleostearic acid properties. The alpha Eleostearic acid polymerises rapidly under UV light to form a protective film e.g., over the hair. In addition, Mongongo oil has natural **anti-inflammatory properties** that can help to soothe breakouts and eczema.

Mongongo oil can be used as a replacement oil in products currently using Argan Oil, Jojoba Oil, Almond Oil, Olive Oil and Palm Oil.



AMHARISERA - Natural Ingredients

Our shared values

With our Namibian producer, we believe in corporate policies that benefit the people and environment. The improvement of quality of life can be done by small increments like participating in socially and environmentally conscious investment like our Fair-for-Life projects.

The strategy to uplift the wild harvesters and their families is of utmost importance as on average each of the harvesters have 5 or more dependents, meaning it is more lives that are impacted upon than just those of the wild harvesters.

We support the retainment of age-old cultural intellectual property and skills, like the traditional method of decorticating kernels by hand. No kernels are used from nuts that were mechanically opened.



AMHARISERA

The concept

AMHARISERA offers conventional or organic and/or Fair Trade certified natural ingredients to the cosmetics, perfumery and pharmaceutical industries.

After 20 years of experience in various industries in France and abroad, Alexandra Legai has developed a taste for naturalness. I decided to focus my expertise on how to serve natural ingredients producers in the world.

All the natural ingredients I offer are carefully selected in a spirit of human and environmental respect. As an exclusive agent, I consider essential to work in complete confidence. I am committed to **total transparency and traceability** by offering you the possibility of **direct contact with producers** on site.

AMHARISERA refers to the Amharas, traditionally sedentary farmers living in Ethiopia. They formed the heart of imperial Ethiopia. The elites of this ethnic group were for a long time those who ruled the country. They live in the rich mountainous regions of the Ethiopian highlands of the Horn of Africa.

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