

What is Bataua Oil and why is it so good for skin and hair?

These strange black olive looking things actually grow on special palm trees in wetlands in the Amazon rainforest. Known as Ungurahui in Peru and Bataua in Brazil (also Sinami, Patawa, Patauá, Ungurahua, etc), the oil within them have been used for generations by the people indigenous to the Amazon to make their hair **healthier, stronger and shinier**.



OK well that sounds like its tried and tested... but what does modern science have to say? Referred to *Oenocarpus Bataua*, the oil derived from the fruit consists of 72.7% Oleic Acid (**Omega-9**) and is also exceptionally high in tocopherol (**Vitamin E**), both of which are well-known to enrich skin and hair. Several scientists have researched *Oenocarpus Bataua* and refer to its beneficial properties. Research summarized by Dr. Bruno Burlando and Dr. Laura Cornara in the research paper, *Revisiting Amazonian Plants for Skin Care and Disease* are:

5.4. Dermatologic and Cosmetic Uses

People in the Amazon region use the oil as a hair tonic against dandruff, allegedly owing to its antibacterial and antimycotic properties. Moreover, **the oil confers strength and brightness to hair** [59].

Following its popularity in the regions of origin, the oil has been introduced in the cosmetic industry. Topical applications induce **hydrating, thickening, and elasticizing effects, render the skin smooth and silky, and result in a rapid penetration that avoids a greasy feeling**. Overall, the oil is an **antiage agent and protects the skin** from harmful exterior agents, possibly due to its high contents of Omega-9 fatty acids, vitamin E (tocopherols), and vitamin A (retinoids)... [60].

5.5. Adverse Effects

No damaging effects are known following topical application of the oil.

[59] Shanley, P.; Medina, G. *Frutíferas e plantas úteis na vida amazônica*; CIFOR and IMAZON: Belem, Brazil, 2005.

[60] Tsu-I, C.W.; Biundo, B.V. *Testosterone Booster Transdermal Compositions*. U.S. Patent 20150065426,5 March 2015.

Available here by Cosmetics Journal special issue: "Plant Extracts in Skin Care Products":
<https://www.mdpi.com/books/pdfview/book/741>

Thanks to modern cold-pressing techniques and global trade, pure unrefined oil from these wild-harvested fruits are now available beyond the Amazon. While established cosmetic companies charge a small fortune for this oil, start-up importer, Arbor Mundi Natural Products, has recently started selling 100% pure, cold-pressed, wild-harvested Bataua oil, produced by its partner, Candela Peru and exclusively available in North America at www.arbormundi.org. The oil can be used in its concentrated form for hair or skin, or added to haircare or skincare products.



References and other academic articles pertaining to the health and cosmetic properties of *Oenocarpus Bataua*:

Darnet, S.H.; da Silva, L.H.M.; Rodrigues, A.M.D.; Lins, R.T. Nutritional composition, fatty acid and tocopherol contents of buriti (*Mauritia flexuosa*) and patawa (*Oenocarpus bataua*) fruit pulp from the Amazon region. *Cienc. Tecnol. Aliment.* 2011, 31, 488–491.

http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0101-20612011000200032&lng=en&nrm=iso&tlng=en

Montufar, R.; Laffargue, A.; Pintaud, J.C.; Hamon, S.; Avallone, S.; Dussert, S. *Oenocarpus bataua* Mart. (Arecaceae): Rediscovering a Source of High Oleic Vegetable Oil from Amazonia. *J. Am. Oil Chem. Soc.* 2010, 87, 167–172.

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Hidalgo, P.S.P.; Nunomura, R.D.C.S.; Nunomura, S.M. Amazon oilseeds: Chemistry and antioxidant activity of patawa (*Oenocarpus bataua* Mart.). *Rev. Virtual Quim.* 2016, 8, 130–140.

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