

PROPERTIES AND APPLICATION OF LAUREL OIL IN THE COSMETIC INDUSTRY

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ABSTRACT

The article provides for the production of laurel oil for cosmetic purposes.

Keywords: essential oil, laurel, cosmetic science and technology, medicine.

Laurel Leaf Oil, Oil of Bay Laurel (English), essence de laurier (French), Lorbeerblatterol (German), oleum lauri (Latin).

The noble laurel (*Laurus nobilis* L.) according to the botanical classification belongs to the laurel family, which has more than 2000 species of evergreen plants, most of which exist in the tropics. The same family includes many industrial ethereal plants, such as camphor laurel (*Stpatotit camphora*), cinnamon tree (*Cinnamomum Zeylanicum*) and sassafras (*Sassafras albidum*).

Laurel is a perennial shrub or tree. Can live 300-400 years. Leaves are replaced every 3-4 years. It grows throughout the Mediterranean, in Asia Minor and on the eastern coast of the Black Sea. Known and cultivated since ancient times. In ancient Greece, it was considered a sacred plant: according to legend, Apollo fell in love with the nymph Daphne, whose father (the river god Peneus), in order to save his daughter from this love, turned her into a laurel tree. Warriors, heroes, winners of the Olympic Games were crowned with laurel wreaths. Hence the current word "laureate".

The long tradition of using dry laurel leaves as a seasoning for soups, meat and fish dishes with the advent of large canteens and restaurants, as well as enterprises for the production of canned food and semi-finished products, has gradually become a thing of the past. "Bay leaf" was increasingly replaced by bay essential oil. The fact is that the amount of oil in the leaf depends on the variety and age of the laurel, the time of harvesting during the year and day, the illumination of the plant and the storage time of dry leaves.

CHEMICAL COMPOSITION

The composition of the oil includes cineol (30 - 70%), (-)-linalool, myrcene, (+)-limonene, α - and β -phellandrenes, elements, α - and β -pinenes, camphene, 3-karene, sabinene, β -selinene, cadinene, caryophyllene, terpineol, geraniol and other components.

Table-1. Nutritional value and chemical composition of "Laurel"

Vitamins	Quantity	Norm**	% of the norm in 100 g	% of the norm in 100 kcal	100% of the norm
Vitamin A, RE	303 mcg	900 mcg	34.3%	11%	291 g
Vitamin B1, thiamine	0.006 mg	1.5 mg	0.6%	0.2%	16667 g
Vitamin B2, riboflavin	0.411 mg	1.8 mg	23.4%	7.5%	428 g
Vitamin B6, pyridoxine	1.64 mg	2 mg	87%	27.8%	115 g
Vitamin B9, folate	170 mcg	400 mcg	45%	14.4%	222 g
Vitamin C, ascorbic	46.5 mg	90 mg	51.7%	16.5%	194 g
Vitamin PP, NE	2.001 mg	20 mg	10%	3.2%	998 g

Medicinal properties of “Laurel”

Macronutrients	Quantity	Norm**	% of the norm in 100 g	% of the norm in 100 kcal	100% of the norm
Potassium, K	578 mg	2500 mg	21.2%	6.8%	473 g
Calcium Ca	856 mg	1000 mg	83.4%	26.6%	120 g
Magnesium	120 mg	400 mg	30%	9.6%	333 g
Sodium, Na	21 mg	1300 mg	1.8%	0.6%	5652 g
Sulfur, S	76.1 mg	1000 mg	7.6%	2.4%	1314 g
Phosphorus, P	108 mg	800 mg	14.1%	4.5%	708 g
Trace elements					
Iron, Fe	43 mg	18 mg	238.9%	76.3%	42 g
Manganese, Mn	8.102 mg	2 mg	408.4%	130.5%	24 g
Copper, Cu	318 mcg	1000 mcg	41.6%	13.3%	240 g
Selenium, Se	2.8 mcg	55 mcg	5.1%	1.6%	1964 g
Zinc, Zn	3.2 mg	12 mg	30.8%	9.8%	324 g

- antibacterial,
- antiseptic,
- antiviral,
- antifungal
- expectorant.

Laurel essential oil is one of the industrial sources for obtaining camphor and cineole, which are also used for medical purposes.

Very often used for oral care and teeth. An effective remedy in the treatment of stomatitis. An effective remedy in the treatment of stomatitis. 5 drops of bay oil diluted in a tablespoon olive, lubricate the wounds in the mouth several times day.

To reduce rheumatic and muscular pains, that the same consistency of diluted oil as above It is applied to the pain points of the body and is easily massaged. It helps to eliminate hematomas (bruises).

For bronchitis, it is used in inhalation: a couple of drops add to warm water and breathe.

With various skin infections: ulcers, boils, bedsores, abscesses. Apply compresses 5-10 drops to 2 tablespoons of warm vegetable oils.

Essential laurel oil is also used externally. In the treatment of enterocolitis, viral neuritis, infectious and parasitic, viral and bacterial childhood infections, such as measles, chicken pox. With menstrual pain, colic in the abdomen, anticonvulsant. Diluted (a couple of drops of bay oil and a few tablespoons spoons of vegetable apply on problem areas)

Calming, anti-rheumatic, analgesic bathroom. Add the mixture to the water (3 tablespoons whole milk with 4 drops of laurel essential oil, 3 drops of sage oil and 2 drops of chamomile oil). Take a bath for 20 minutes.

Bay leaf is also useful for those who suffer from insomnia or increased irritability, nervous excitability. The smell of bay leaf or bathing with a decoction gently affects the human nervous system. The sedative effect is due to the linalool included in the composition.

The use of essential oil and leaf of “Laurel”.

Bay leaf oil has an antiseptic and antimicrobial effect, soothes and has a relaxing effect.

Laurel oil is a source of vitamins for the skin.

The use of laurel oil for the body: relieves joint and muscle pain, is used for stretch marks. Has a calming effect. Rejuvenates the skin. Together with sesame oil, it helps in the fight against cellulite.

Use for the body: 5 drops of oil in the bath will help relax, soothe, relieve tension before bedtime, relieve excessive sweating.

The use of laurel oil for the face: restores complexion, stimulates cell renewal, enhances blood circulation, effectively fights acne, is effective for redness and inflammation of the skin.

Facial use: Apply a few drops to a cotton pad and wipe the face in the morning and at bedtime, before applying the cream.

The use of laurel oil for hair: has a beneficial effect on the hair, improves the nutrition of the hair follicle and stimulates their growth, increases capillary blood circulation, gives shine and silkiness, eliminates dandruff, strengthens brittle and split ends.

Laurel extract is added to toothpastes, as well as mouth rinses, where it plays the role of an anti-inflammatory and disinfectant component, and eliminates unpleasant odors. Since the plant is able to "resist" profuse sweating, laurel is a popular additive in deodorants and antiperspirants.

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