



Mastic oil: the ultimate cosmetic

Scientific interest for the dermatological properties of this product is evident from the number of publications on the subject, which confirms something that is already part of Sardinian culture and traditions.

Thanks in particular to its phytochemical composition, mastic oil is used for its therapeutic properties (medical devices), in adjuvant treatments for skin diseases and as an ingredient in “Skin Care” cosmetics, to prevent and maintain the skin’s homeostasis.

The fatty acids, in particular linolenic acid and its derivatives, and the tocopherols and polyphenol derivatives in the unsaponifiable fraction of the oil, are responsible for its great moisturising and antioxidant effect. These two effects give the suitably-formulated mastic oil its anti-ageing properties. Additionally, thanks to its anti-comedogenic effect, mastic oil has proven effective in reducing the size of pores. These are tiny sebaceous and sudoriferous glands that endow the skin with a moisturised and soft look and are responsible for skin perspiration, unless they dilate, increase in size and become a problem.

Therefore, mastic oil is with no doubt an excellent cosmetic ingredient, or should we say “multi-ingredient”, thanks to its different properties that define it as the ultimate cosmetic.

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