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What is Kalahari Melon Seed Oil?

Growing mostly in Namibia and Botswana, deep in the iconic Kalahari desert, grows this wild melon, the ancestor of the well-known watermelon found in stores. Far less refreshing and less tasty, however, the Kalahari melon does not require eating to learn its secrets as an ingredient in hair and personal care products: *It's the seeds!*

Kalahari melon seed (KMS) oil is obtained through cold-pressing the seeds. As rich as Evening Primrose Oil in nourishing Omega-6 fatty acids, its anti-oxidants help to maintain youthful, glowing skin and help skin and hair feel supple and appearing healthy.

How to use Kalahari Melon Seed Oil

Remember to start with a small amount of oil and adjust according to your skin and hair care needs. Kalahari melon seed oil is generally well-tolerated, but it's always recommended to perform a patch test on a small area of skin to check for any allergic reactions or sensitivities.

Skin

The oil is super-rich in Omega-6 Linolenic acid, which makes up between 50% and 70% of its entire content and Omega-9 Oleic acid, which adds another 10%-25% of the oil. The intensely nourishing and lightweight oil is suitable for all skin types. Due to its gentle nature, it also works well for babies, with the antioxidant and fatty acid profile being extra beneficial for the little one's skin.

1. **Facial Moisturizer:** After cleansing your face, apply a few drops of Kalahari melon seed oil onto your fingertips and gently massage it into your skin. The oil is lightweight and easily absorbed, providing hydration and nourishment to the skin. It can help improve the skin's texture, leaving it soft, smooth, and supple.
2. **Eye Serum:** Kalahari melon seed oil can be used as a gentle and nourishing eye serum. Take a small amount of the oil on your fingertips and gently dab it around the eye area (KMS oil is generally considered safe for use around the eyes). It can help moisturize the delicate skin around the eyes and reduce the appearance of fine lines and wrinkles.
3. **Body Moisturizer:** After showering or bathing, apply Kalahari melon seed oil onto damp skin. Massage it in using circular motions until fully absorbed. The oil helps to lock in moisture, keeping your skin hydrated and preventing dryness. It can be particularly beneficial for dry areas such as elbows, knees, and heels.
4. **Facial Oil Cleansing:** Kalahari melon seed oil can be used in the oil cleansing method. Take a small amount of the oil and massage it onto dry skin, focusing on areas with makeup or impurities. Gently massage for a few minutes, then use a warm, damp cloth to wipe away the oil and impurities. Follow up with a gentle cleanser if desired.
5. **Be creative.** Add a few drops to your moisturizing creams. Blend one part of Kalahari melon seed oil with two parts of Nilotica shea butter for a wonderful skin lotion - add a small drop of essential oil for fragrance. Play with this super oil. See what works for you.



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Hair

Kalahari melon seed oil works wonders as a conditioner for the hair and scalp. While treatment hair oils have boomed in popularity in recent years, Kalahari melon seed oil takes the lead because it is much less greasy – perhaps the most grease-free, hair oil around.

1. **Scalp Massage:** Before shampooing, warm a small amount of KMS oil between your palms and gently massage it onto your scalp. The oil can help moisturize and nourish the scalp, promoting a healthier environment for hair growth. Leave it on for about 15-30 minutes or overnight if desired, then proceed with your regular shampooing routine.
2. **Deep Conditioning Treatment:** Mix a few drops of KMS oil with your favorite hair conditioner. Apply the mixture to damp hair, focusing on the mid-lengths and ends. Allow it to sit for a few minutes then rinse thoroughly. The oil locks in moisture, leaving soft, smooth, and more manageable hair.
3. **Hair Serum:** After styling, take a small amount of KMS oil and rub it between your palms. Gently smooth your palms over the hair, focusing on the ends and any areas prone to frizz. The oil will add shine, tame rogue hair, and provide a barrier against environmental stressors.
4. **Pre-Shampoo Treatment:** Prior to shampooing, apply a generous amount of KMS oil to dry or damp hair. Allow it to sit for at least 30 minutes for deep conditioning. Better yet, wrap your hair in a warm towel to enhance absorption of the oil. Afterward, wash your hair as usual.
5. **Hair Mask:** Combine KMS oil with other nourishing ingredients to create a homemade hair mask. Mix the oil with ingredients (honey, yogurt, or mashed avocado are nice options) to create a conditioning treatment. Apply the mask to clean, damp hair and leave it on for thirty minutes or longer before rinsing thoroughly.
6. **Be creative.** Add a few drops to your shampoos and conditioners. Add a small drop of essential oil for fragrance. Play with this super oil. See what works for you.