



**SWADESH
GLOBAL TRADE**

Presents

Da Nature's press





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1. ALMOND OIL 02

2. CASTOR OIL 03

3. EXTRA VIRGIN OLIVE OIL 04

4. SUNFLOWER OIL 05

5. GROUNDNUT OIL 06

6. MUSTARD OIL 07
(BOTH BLACK & YELLOW MUSTARD)

7. FLAXSEED OIL 08

8. COCONUT OIL 09

9. SESAME OIL 10
(BOTH WHITE & BLACK SESAME)

10. WALNUT OIL 11

ALMOND COLD PRESSED OIL

Almond cold pressed oil is a vegetable oil that is derived from almonds through the cold pressing process. It is a rich source of vitamin E, monounsaturated fatty acids, and other nutrients that offer several potential health benefits.

APPLICATIONS



COOKING

Almond oil is often used as a cooking oil due to its high smoke point and mild, nutty flavor. It can be used for sautéing, roasting, baking, and as a salad dressing.



SKIN & HAIRE CARE

It is believed to help improve skin elasticity, reduce the appearance of fine lines and wrinkles, and promote healthy hair growth.



THERAPY

Almond oil is a popular carrier oil in aromatherapy due to its light texture and mild scent. It can be mixed with essential oils to create massage oils, facial oils, and other blends.



SUPPLEMENTS

Almond oil is sometimes used as a dietary supplement due to its high levels of vitamin E and other nutrients. It is believed to help support heart health, brain function, and immune system.



DARK CIRCLES

Almond cold pressed oil is believed to have benefits for reducing the appearance of dark circles under the eyes.

BENEFITS



HEALTHY

Almond oil contains antioxidants, vitamins, and minerals that help to support the immune system and protect against infections and diseases.



HEART

Almond oil contains monounsaturated and polyunsaturated fats, which can help to lower LDL (bad) cholesterol levels and reduce the risk of heart disease.



BRAIN

Almond oil is a good source of omega-3 fatty acids, which have been linked to improved mood and reduced symptoms of depression.



STOMACH

Almond oil can help improve digestion by reducing inflammation in the gut, stimulating the production of digestive enzymes, and promoting the growth of healthy gut bacteria.



BODY

Almond oil contains calcium and magnesium, which are essential minerals for maintaining strong bones and preventing osteoporosis.



CASTOR COLD PRESSED OIL

Castor cold pressed oil is a type of vegetable oil that is derived from the seeds of the castor plant. It has been used for centuries for its medicinal properties and has a wide range of applications.

APPLICATIONS



MENSTRUAL CRAMP

Castor cold pressed oil can be applied topically to the Abdomen to relieve menstrual cramps. It works by increasing blood flow to the pelvic area, which can help to reduce pain and inflammation.



SKIN CARE

Castor cold pressed oil can be used as a natural moisturizer for the skin and hair. It can be applied topically to hydrate the skin, reduce dryness and promote healthy hair growth.



MASSAGE

It has anti-inflammatory and analgesic properties that make it a popular natural remedy for pain relief. It can be applied topically to relieve joint pain, muscle soreness, and other types of pain.



WOUND

Castor cold pressed oil has been shown to have antibacterial properties that can help to prevent infection and promote wound healing



OIL PULLING

Castor oil makes eyelashes and eyebrows stronger so that they doesn't break. Other than just making them stronger, regular application of cold-pressed castor oil can also grow them thicker and longer.



BENEFITS



HEALTHY

Castor cold pressed oil has been shown to have immune-boosting properties. It can be taken orally to help stimulate the production of white blood cells and support the immune system



INDUCES LABOUR

Castor oil has labor-inducing properties. It is advised to be taken during late-term or the last term of pregnancy. Taking castor oil causes spasms in the intestines and stimulates the bowels as well as vagal nerve



LIPS

The vitamin E and moisturizer in the cold-pressed castor oil heal the cracked lips and protect it from further damage that causes burning sensation and bleeding



STOMACH

Castor cold pressed oil has been used traditionally to improve digestive health. It can help to promote regular bowel movements and relieve constipation



WARTS

Castor oil is used as a natural remedy for genital warts, ringworms and similar skin conditions

EXTRA VIRGIN OLIVE OIL

Elevate your cooking and nourish your body with Extra Virgin Olive Oil. This heart-healthy oil boasts a high smoke point for versatile cooking, while its antioxidants offer a wealth of health benefits. Drizzle it on, marinate with it, or even use it for natural beauty – Extra Virgin Olive Oil is a liquid gold for your kitchen and beyond.

APPLICATIONS



CULINARY DELIGHTS:

Cooking Powerhouse: Extra virgin olive oil's high smoke point makes it perfect for sautéing, pan-frying, roasting, and even baking. Its rich flavor adds depth to countless dishes.



SALAD DRESSING HERO:

Combine extra virgin olive oil with vinegar, lemon juice, or other seasonings for a healthy and flavorful salad dressing.



FINISHING TOUCH:

Drizzle a touch over cooked pasta, grilled fish, or roasted vegetables for a burst of flavor and a beautiful sheen.



BEYOND THE PLATE:

Extra virgin olive oil's hydrating properties make it a natural moisturizer for face and body. Its antioxidants help combat dryness and promote healthy skin.



HAIR CARE HERO:

This oil can nourish dry hair and scalp. Massage it into your scalp for a deep conditioning treatment or apply lightly to add shine and manageability.



DIY BEAUTY BOOSTER:

Extra virgin olive oil can be a base for homemade beauty products like scrubs, hair masks, and lip balms. Its natural properties provide gentle care.



BENEFITS



PROMOTES HEART HEALTH:

Rich in monounsaturated fats, extra virgin olive oil helps lower LDL ("bad") cholesterol and may reduce the risk of heart disease.



ANTIOXIDANT POWERHOUSE:

It contains antioxidants that fight free radicals, potentially lowering the risk of chronic diseases like cancer and Alzheimer's.



MAY AID IN BLOOD SUGAR CONTROL:

Studies suggest it may improve insulin sensitivity and help regulate blood sugar levels.



BOOSTS COGNITIVE FUNCTION:

Some research indicates extra virgin olive oil may improve memory and cognitive function, especially as we age.



ANTI-INFLAMMATORY PROPERTIES:

Extra virgin olive oil may reduce inflammation, a key contributor to many health issues.

SUNFLOWER COLD PRESSED OIL

Sunflower cold pressed oil is a popular vegetable oil that is extracted from sunflower seeds using a cold-pressing method. It has a light, neutral flavor and a high smoke point, which makes it a versatile ingredient for cooking, baking, and salad dressings. Here are some of the benefits of sunflower cold pressed oil:

APPLICATIONS



COOKING & BAKING

Sunflower cold pressed oil has a high smoke point, which makes it suitable for high-heat cooking methods like frying and roasting. Its neutral flavor also makes it a good choice for cooking a variety of dishes.



SKIN & HAIRE CARE

sunflower oil has high vitamin E content. Vitamin E is known to protect the skin from harmful UV rays of the sun and also other pollutants in the environment.



MASSAGE

Arthritis is a condition that is caused by inflammation of joints and pain in the joints. Because sunflower oil is anti-inflammatory, it can help relieve your joints of the pain that is causing arthritis.



WEIGHT LOSS

Vitamin E is an antioxidant and can cure the skin of most sorts of itching, rashes and other such conditions.



OIL PULLING

Sunflower oil has benefits for oral health and hygiene. It can reduce a condition called plaque-related gingivitis and prevents other possible infections inside the mouth.



BENEFITS



HEALTHY

Very easy to digest and acts as a natural laxative, preventing constipation and aiding digestion.



HEART

Sunflower seeds contain a compound called phytosterols that have a similar structure to that of cholesterol. As a result, smaller amounts of cholesterol get absorbed into your bloodstream because of organic sunflower oil consumption.



BRAIN

While saturated fats can make you feel lazy and upset, the unsaturated fats that are present in organic sunflower oil can keep you feeling energetic and active.



STOMACH

Sunflower cold pressed oil contains compounds that have anti-inflammatory properties, which may help to reduce inflammation in the body and improve overall health.



BODY

The fatty acids can strengthen the body's immune system substantially, increasing its ability to resist attacks such as infections. The fatty acids strengthen the membrane barriers of your skin. This makes it increasingly difficult for any viruses or bacteria to enter your body.

GROUNDNUT COLD PRESSED OIL

Groundnut cold pressed oil, also known as peanut cold pressed oil, is an oil that is extracted from groundnuts or peanuts using a cold-pressing process. Here are some potential benefits and applications of groundnut cold pressed oil:

APPLICATIONS



COOKING & BAKING

Groundnut cold pressed oil has a high smoke point, making it suitable for high-heat cooking methods such as frying. It has a mild nutty flavor and can be used in a variety of dishes, from stir-fries to salad dressings.



SKIN & HAIRE CARE

Groundnut cold pressed oil contains vitamin E, which is maintaining healthy skin. It can be used as a moisturizer, can be used as a hair conditioner, helping to nourish and strengthen hair strands.



MASSAGE

Groundnut cold pressed oil can be used as a massage oil, as it has a smooth texture and can help to soothe sore muscles and joints.



DIABETES

Studies have shown that consuming groundnut cold pressed oil may help to improve insulin sensitivity and reduce the risk of diabetes.



DIPS AND SPREADS

Groundnut cold pressed oil can be used as a base for dips and spreads such as hummus or nut butter. Its mild flavor and smooth texture make it a good choice for creating creamy and flavorful dips and spreads.



BENEFITS



HEALTHY

Groundnut cold pressed oil contains antioxidants and other beneficial nutrients that may help to boost the immune system and reduce the risk of infections.



HEART

Groundnut cold pressed oil is rich in monounsaturated and polyunsaturated fatty acids, which are beneficial for heart health. These fatty acids may help to reduce the risk of heart disease by lowering cholesterol levels and reducing inflammation in the body.



BRAIN

Groundnut cold pressed oil contains omega-3 and omega-6 fatty acids, which are essential for brain health. These fatty acids may help to improve memory and cognitive function.



WEIGHT LOSS

It may help to increase feelings of fullness & reduce appetite, which can help to promote weight loss.



BODY

Groundnut cold pressed oil is a good source of vitamin K, which is important for bone health. Vitamin K helps to regulate calcium metabolism and can help to improve bone density and reduce the risk of fractures.

MUSTARD OIL

Mustard cold pressed oil is a type of oil that is made by pressing mustard seeds without using heat or chemicals, which helps to retain the natural nutrients and flavor of the seeds. It is commonly used in Indian cuisine and has a distinct, pungent flavor.

APPLICATIONS



COOKING & BAKING

Mustard cold pressed oil is commonly used in Indian cuisine to add flavor and spice to dishes. It is often used for frying, sautéing, and as a salad dressing.



SKIN & HAIRE CARE

It oil can be used as a natural moisturizer for the skin. It is rich in vitamin E, which may help to protect the skin from damage caused by free radicals. It improves hair health and reduce hair loss.



MASSAGE

Mustard cold pressed oil can be used as a massage oil to help soothe sore muscles and joints. It has warming properties that may help to increase circulation and reduce inflammation.



THERAPY

Mustard cold pressed oil has a strong, pungent aroma that can be used in aromatherapy to help clear the sinuses and promote respiratory health. It can be used in a diffuser.



COLD

Mustard cold pressed oil has a strong power to reduce the effect of cold.



BENEFITS



HEALTHY

Mustard cold pressed oil contains compounds like selenium and magnesium, which have anti-inflammatory properties that may help to reduce inflammation in the body.



HEART

Mustard cold pressed oil is high in monounsaturated and polyunsaturated fats, which are considered to be healthy fats that may help to lower cholesterol levels and reduce the risk of heart disease.



BRAIN

It contains high levels of omega-3 fatty acids and alpha-linolenic acid (ALA), which are beneficial for brain health. These are essential for the development and maintenance of the brain, and it helps to improve cognitive function, memory, and concentration.



STOMACH

Mustard cold pressed oil contains compounds called glucosinolates, which may help to stimulate digestion and support the health of the digestive system.



BODY

Mustard cold pressed oil has been traditionally used to help relieve respiratory issues like congestion and coughing, thanks to its natural anti-inflammatory and expectorant properties.

FLAXSEED COLD PRESSED OIL

Flaxseed cold pressed oil is a vegetable oil that is extracted from flaxseeds using a cold-pressing method. It is a rich source of alpha-linolenic acid (ALA), an omega-3 fatty acid, and is also high in lignin's, which are compounds with antioxidant properties. Here are some of the benefits and applications of flaxseed cold pressed oil:

APPLICATIONS



COOKING

Flaxseed cold pressed oil has a low smoke point, which makes it unsuitable for high-heat cooking methods. However, it can be used in salad dressings, dips, and sauces.



BAKING

Flaxseed cold pressed oil can be used as a substitute for other oils or butter in baking recipes. Its nutty flavor can add a delicious twist to baked goods like muffins, bread, and cookies.



SKIN CARE

Flaxseed cold pressed oil can be used in skincare products like moisturizers and serums to help improve skin hydration and reduce inflammation.



SUPPLEMENTS

Flaxseed cold pressed oil is also available in supplement form as a capsule or liquid. It can be taken as a dietary supplement to support heart, brain, and overall health.



CANCER

Flaxseed cold pressed oil contains lignin's, which can help to balance hormones in the body and may help to reduce the risk of hormone related cancers.



BENEFITS



HEALTHY

Flaxseed cold pressed oil contains compounds that have anti-inflammatory properties, which may help to reduce inflammation in the body and improve overall health.



HEART

Flaxseed cold pressed oil is high in ALA, which may help to reduce the risk of heart disease by lowering blood pressure, reducing inflammation, and improving blood lipid levels



BRAIN

Flaxseed cold pressed oil have been shown to improve cognitive function, including memory and concentration. during pregnancy and breastfeeding may help to support healthy brain development in infants.



STOMACH

Flaxseed cold pressed oil may help to improve digestive health by reducing constipation and promoting the growth of beneficial gut bacteria.



BODY

Flaxseed cold pressed oil is high in omega-3 fatty acids, which can help to improve skin hydration and reduce inflammation in the skin. It may also help to improve skin elasticity and reduce the appearance of fine lines and wrinkles.

COCONUT COLD PRESSED OIL

Cold-pressed coconut oil is extracted from fresh coconut meat without the use of heat or chemicals, using a mechanical press. This process helps to retain the natural flavor, aroma, and nutrients of the coconut oil, making it a healthier and more flavorful option than other types of coconut oil. Here are some potential benefits of cold-pressed coconut oil.

APPLICATIONS



COOKING & BAKING

Cold-pressed coconut oil is a healthy cooking oil that can be used for sauteing, frying, baking and roasting. Its high smoke point makes it ideal for cooking at high temperatures.



SKIN & HAIRE CARE

Cold-pressed coconut oil is an Excellent moistureizer that can be applied to the skin & hair to nourish & hydrate them. It can also be used as a natural make up remover and as a hair conditioner.



MASSAGE

Cold-pressed coconut oil can be used as a massage oil to promote relaxation and relieve muscle tension. Its a natural, non-greasy option that absorbs well into the skin.



WEIGHT LOSS

Potential benefits for weight loss due to its unique composition of medium chain fatty acids (MCFAs)



OIL PULLING

Oil pulling is an ancient Ayurvedic practice that involves swishing oil in the mouth to improve oral health. Cold pressed coconut oil is a popular oil for all pulling as it has antimicrobial properties that can help kill harmful bacteria in the mouth.

BENEFITS



HEALTHY

Cold-pressed coconut oil may support healthy digestion & improve nutrient absorption, which can contribute to weight loss by helping the body to nutrients more efficiently.



HEART

HDL, or "good" cholesterol, helps to remove excess cholesterol from the bloodstream & lower the risk of heart disease.



BRAIN

Some studies have found that consuming cold-pressed coconut oil may improve cognitive function and memory in older adults.



STOMACH

Cold-pressed coconut oil contains antioxidants and anti-inflammatory compounds that may help to reduce inflammation in the intestine



BODY

Some studies have found that cold-pressed coconut oil may help to improve bone density and prevent osteoporosis, also it has potential benefits for overall body health.



SESAME COLD PRESSED OIL

Sesame cold pressed oil is derived from sesame seeds using a cold-pressing method that preserves its nutritional value. Here are some of the benefits and applications of sesame cold pressed oil.

APPLICATIONS



COOKING

Sesame cold pressed oil has a high smoke point and a mild flavor, making it a popular choice for cooking, especially in Asian cuisine.



HAIRE CARE

Sesame cold pressed oil can be used as a hair oil to nourish and moisturize the hair and scalp.



MASSAGE

Sesame cold pressed oil is often used as a base for massage oils due to its moisturizing properties.



BURN & WOUND

Sesame cold pressed oil contains compounds with anti-inflammatory properties, which may help to reduce inflammation and swelling associated with burns and wounds.



PROTECTION

It protect against certain types of cancer. Also, protect the skin from damage caused by free radicals, UV radiation, and other environmental stressors.



BENEFITS



HEALTHY

Sesame oil is rich in essential nutrients including healthy fats (omega-6 and omega-9 fatty acids), vitamins (vitamin E and vitamin K), and mineral (such as calcium, magnesium, and phosphorus). These nutrients provide important health benefits.



HEART

Sesame cold pressed oil contains healthy unsaturated fatty acids, including omega-6 fatty acids, which can help to lower cholesterol levels and reduce the risk of heart disease.



BRAIN

Sesame cold pressed oil contains vitamin E and other antioxidants that can help to protect the brain from oxidative stress, which has been linked to cognitive decline.



STOMACH

Cold pressed sesame oil may help improve digestion, soothe the digestive tract, and promote healthy bowel movements. Sesame oil has been traditionally used as a digestive aid in Ayurvedic medicine.



BODY

Sesame oil is a good source of important minerals like calcium, magnesium, and phosphorus, which are essential for maintaining healthy bones.

WALNUT COLD PRESSED OIL

Walnut cold pressed oil is extracted from the kernels of walnuts using a cold-pressing method, which helps to retain the oil's natural nutrients and flavor. This oil has a rich nutty flavor and is often used in cooking and as a salad dressing.

APPLICATIONS



CULINARY

Walnut oil is widely used in culinary practices. It is an excellent oil for salad dressing, marinades, dips, and sauces.



HAIRE CARE

It contains vitamins and minerals that help in promoting hair growth, preventing dandruff, and nourishing hair follicles. You can massage your scalp with walnut oil or use it as a hair mask.



SKIN CARE

It helps in improving skin texture, reducing wrinkles, and fine lines.



THERAPY

Walnut oil has a mild, nutty aroma, making it an excellent carrier oil for aromatherapy. You can mix it with essential oils of your choice and use it for massage or diffusing.



WOOD FINISHING

Walnut oil is also used for wood finishing. It penetrates deep into the wood and brings out its natural grain and color. It also provides a protective layer, making the wood resistant to water and other elements.

BENEFITS



HEALTHY

Walnut cold pressed oil contains vitamins and minerals such as vitamin E, B vitamins, and zinc, which can help support the immune system and promote overall health.



HEART

Oil is rich in alpha-linolenic acid (ALA), an essential omega-3 fatty acid that has been shown to help lower cholesterol levels and reduce the risk of heart disease.



BRAIN

The omega-3 fatty acids in walnut cold pressed oil are important for brain health and development, and may help improve cognitive function and memory.



STOMACH

The polyphenols and other compounds in walnut cold pressed oil may have anti-inflammatory effects that can help reduce pain and inflammation in the body.



BODY

Walnut cold pressed oil may help regulate blood sugar levels and improve insulin sensitivity, making it beneficial for people with diabetes or those at risk of developing the condition.





**SWADESH
GLOBAL TRADE**

Let Da Nature's Press connect you to the power of pure, cold-pressed goodness. Da Nature's Press isn't just an oil; it's a connection to a healthier lifestyle, a celebration of flavor and tradition, with every delicious drizzle.



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All the Image are used only representation for purpose.