

The usage of 'Sesame oil'

For health food, medicinal and massage...

Cooking

•put sesame oil in stir-frying, flied food, vegetable salad, grill….

Massage

- paint sesame oil around body before take a bath.
- -soak hair in sesame oil for 15 minutes before clean hair.

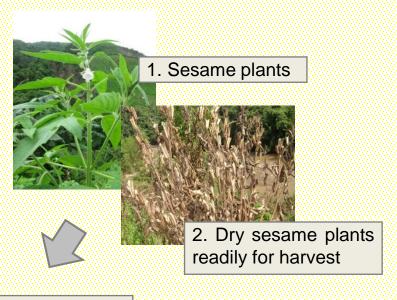
<Useful>

- -to make the body balance and control cholesterol.
- -to expand blood line, and protect the blood in the brain.
- -to cure the tired muscle and joints.
- to help skin to be soft and younger.
- to nurture hair to be shine.

<Ingredient>

There are many vitamins and good elements for health.
Such as vitamin E, Iodine(I), Zinc(Zn), Calcium(Ca),
Phosphorus(P), Iron(Fe), Protein and many acids
(Amino acid, Linolenic acid)

The way to make 'Sesame oil'





Black sesame seed



White sesame seed

3. Clean sesame seeds



5. press sesame



Holland-India tool

6. Filter out the dirt in sesame oil





Lao-German tool



4. Exposed to the sun

Burma tool