

By *Lee Strachan*

Caress By Nature P/L - Australia

Calculated SPF Values of Herbal Oils, Plant Oils & Extracts Based on In-Vivo, Real Life Tests & Studies

List of 10 oils with natural UV-ray protecting properties:

1. **Carrot Seed Oil: SPF 38-40**
2. **Raspberry Seed Oil: SPF 28-50**
3. **Wheatgerm Oil: SPF 20**
4. Avocado Oil: SPF 4-15
5. Coconut Oil: SPF 2-8
6. Olive Oil: SPF 2-8
7. Macadamia Nut Oil: SPF 6
8. Almond Oil: SPF 5
9. Shea Butter: SPF 3-6
10. Jojoba Oil: SPF 4

Spectrophotometrically calculated sun protection factor values of herbal oils:

Name of herbal oil taken	SPF value calculated spectrophotometrically
Olive oil	7.549
Coconut oil	7.119
Castor oil	5.687
Almond oil	4.659
Mustard oil	2.105
Chaulmoogra oil	2.019
Sesame oil	1.771
Peppermint oil	6.668
Tulsi oil	6.571
Lemon grass oil	6.282
Lavender oil	5.624
Orange oil	3.975
Lemon oil	2.810
Eucalyptus oil	2.625
Tea tree oil	1.702
Rose oil	0.248

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**SPF (in vivo – real
life tests)
using 20 different
sunscreens in India**

HS1	Watermelon	10 SPF
HS4	Aloe Vera, Apple	14.5 SPF
HS12	Wheatgerm, Vitamin E	14.9 SPF
HS11	Sandalwood, Aloe Vera, Carrot, Honey, Sunflower	15.1 SPF
HS5	Sunflower, Indian Madder, Cucumber	19 SPF
HS13	Aloe Vera, Vitamin E	19.0 SPF
HS6	Aloe Vera	19.9 SPF
HS8	Coriander, Vitamin E	20.5 SPF
HS9	Aloe Vera, Vitamin E	24.5 SPF
HS7	Orange, Vitamin C	25.2 SPF
HS2	Sandalwood, Winter Cherry, Cobras Saffron, Wheatgerm, Honey, Red Sandalwood, Symplocos, Aloe Vera	29.5 SPF
HS14	Cucumber, Jojoba, Orange, Sandalwood, Lavendar, Vitamin A, C, E	29.9 SPF
HS10	Aloe Vera, Basil, Tumeric	30.8 SPF
HS3	Carrot, Symplococos, Wheat Germ	40.6 SPF