

# Argan Oil Health and Beauty Benefits

Argan oil is a plant oil (mixture of triglycerides) produced from the kernels of *Argania*, a genus of flowering plants containing the sole species *Argania spinosa L.*, known as argan, a tree endemic (the state of a species being found in a single defined geographic location) to the calcareous semi-desert Sous valley of southwestern Morocco and to the region of Tindouf in southwestern Algeria.

## THE PHYTOCHEMISTRY OF ARGAN OIL

Fatty Acid	Percentage
<i>Oleic</i> (monounsaturated omega-9 fatty acid)	42.8%
<i>Linoleic</i> (an omega-6 fatty acid)	36.8%
<i>Palmitic</i> ( <i>hexadecanoic acid</i> , the most common saturated fatty acid)	12.0%
<i>Stearic</i> ( <i>octadecanoic acid</i> , a saturated fatty acid)	6.0%
<i>alpha-Linolenic</i> (ALA, also known as <i>alpha-Linolenic acid</i> , an omega-3 essential fatty acid)	<0.5%

Argan oil has a relative density (the ratio of the density of a substance to the density of water) at 20 °C (68 °F) ranging between 0.906–0.919.

Argan oil contains *tocopherols* (vitamin E), *phenols*, *carotenes*, *squalene*, and fatty acids (80% unsaturated). The main natural *phenols* in argan oil are *caffeic acid*, *oleuropein*, *vanillic acid*, *tyrosol*, *catechol*, *resorcinol*, (-)-*epicatechin* and (+)-*catechin*.

Depending on the extraction method, argan oil may be more resistant to oxidation (an increase in the oxidation state of a chemical) than olive oil.

## CULINARY USES OF ARGAN OIL

In Morocco, the oil is used for culinary purposes e.g.: dipping bread, salad dressings or on couscous (sometimes called “kusksi” or “kseksu”—is a Maghrebi dish of small steamed granules of wheat pasta).

Amlu (also spelled “amlou”), a thick brown paste with a consistency similar to peanut butter, is used locally as a bread dip. It is produced by grinding roasted almond and argan oil using stones, and then mixing the argan oil and almonds in honey.

If you’re interested in using argan oil with food, look for varieties specifically marketed as “culinary” argan oil, or make sure you’re buying 100% pure argan oil. Culinary argan oil has a noticeable fragrance and flavor due to a roasting process during manufacturing. To get the maximum therapeutic and medicinal benefits, you should consume approximately 1–2 Tbsp. of culinary-grade argan oil every day.

Argan oil contains omega-6 fatty acids, which fight depression, lower blood pressure, and improve eye and brain health. Traditionally, argan oil is used for dipping bread or drizzling on couscous or in [Moroccan-style recipes](#) as a salad dressing. It can also be very lightly warmed, but it is not appropriate for high-heat dishes as it has a low smoke point and can easily burn.

## COSMETIC USES OF ARGAN OIL

Since the early 2000s argan oil has been increasingly used in cosmetics and hair care preparations. As of 2020, the main cosmetics products containing argan oil are face creams, lip glosses, shampoos, moisturizers and soaps.

## EXTRACTION OF ARGAN OIL

The argan nut contains one to three oil-rich argan kernels (seeds). Extraction yields 30%–50% of the oil from the kernels, depending on the method. It takes about 40 kilograms (88 lbs.) of dried argan fruit to produce only 1 liter (33.814 oz.) of oil.

Extraction is key to the production process. To extract the kernels, workers first dry argan fruit in the open air and then remove the fleshy pulp. Some producers remove the flesh mechanically without drying the fruit. Moroccans usually use the flesh as animal feed. A tradition in some areas of Morocco allows goats to climb argan trees to feed freely on the fruits.

The kernels are then later retrieved from the goat droppings, considerably reducing the labor involved in extraction at the expense of some potential gustatory aversion. In modern practice, the peels are removed by hand.

Workers gently roast kernels they will use to make culinary argan oil. After the argan kernels cool, workers grind and press them. The brown-colored mash expels pure, unfiltered argan oil. Finally, they decant unfiltered argan oil into vessels. The remaining press cake (oil cakes) is protein-rich and frequently used as cattle feed.

## PRODUCTION OF ARGAN OIL

After the first sales in the U.S. of the cosmetic product in 2003, demand soared and production increased. In 2012 the Moroccan government (a parliamentary constitutional monarchy) planned for increased production, then around 2,500 tonnes, to 4,000 tonnes by 2020.

It was found that stocks of argan oil were being diluted with oils such as sunflower, as the extraction process for pure argan oil can be difficult, and is costly. In 2012, the Moroccan government started to randomly pull argan shipments and test for purity before exporting.

By 2020, production had greatly increased, especially after studies had suggested health benefits. Almost all of the oil is sourced in Morocco, and is forecast to reach 19,623 tons (17,802 tonnes) in 2022, up from 4,836 (4387 tonnes) in 2014; in value terms, \$1.79 billion (£1.4 billion).

The area of producing the oil is expanding: in 2020 it had started near the city of Agadir, 109 miles (175 km) south of the traditional argan-producing area of Essaouira (a port city in the western Moroccan region of Marakesh–Safi, and is due to expand north.

Since 40 kilograms (88 lbs.) of dried argan fruit only produces 1 liter of oil, mechanically extracted oil production has started, with the industrial scale driving down prices, impacting the small co-operatives, where work is mostly done by Berber women (Berbers or *Imazighen* are an ethnic group indigenous to North Africa, specifically Morocco, Algeria, Tunisia, and Libya) in the traditional, labor-intensive way.

Mechanically produced argan oil can cost as little as \$22 a liter, less than half the cost of oil made by the co-operatives, having a significant negative social impact. However, the huge cosmetics company [L'Oréal S.A.](#) has pledged to source all of its argan oil from the small co-operatives that sign up to the principles of fair trade (arrangements designed to help producers in growing countries achieve sustainable and equitable trade relationships).

## ENVIRONMENTAL IMPACTS

The argan tree provides food, shelter and protection from desertification (a type of land degradation in which fertile areas become arid due to natural processes or by human activities). The trees' deep roots help prevent desert encroachment. The canopy of argan trees also provides shade for other agricultural products, and the leaves and fruit provide feed for animals.

The argan tree also helps landscape stability, helping to prevent soil erosion, providing shade for pasture grasses and helping to replenish aquifers.

Producing argan oil has helped to protect argan trees from being cut down. These slow-growing trees are so revered that in 1998 the “Arganeraie” (argan forest) was [declared a biosphere reserve](#) by UNESCO. In addition, regeneration of the “Arganeraie” has also been carried out: in 2009 an operation to plant 4,300 argan plants was launched in Meskala in the province of Essaouira.

The [Réseau des Associations de la Réserve de Biosphère Arganeraie](#) (Network of Associations of the Argan Biosphere Reserve, RARBA) was founded in 2002 with the aim of ensuring sustainable development in the “Arganeraie”.

RARBA has been involved with several major projects, including the Moroccan National Antidesertification Programme ([Programme National de Lutte contre la Desertification](#), PAN/LCD). The project involved local populations and helped with improvements to basic infrastructure, management of natural resources, revenue-generating activities (including argan oil production), and capacity reinforcement.

## SOCIAL IMPACTS

The production of argan oil has always had a socioeconomic function. At present, its production supports about 2.2 million people in the main argan oil-producing region, the “Arganeraie”.

Much of the argan oil produced today is made by a number of women's co-operatives. A co-operative is an autonomous association of people who unite voluntarily to meet their common economic, social and cultural needs through a jointly owned and democratically-controlled enterprise.

The [Union des Co-operatives des Femmes de l'Arganeraie](#) (UCFA), which is co-sponsored by the [Social Development Agency](#) (ADS) with the support of the [European Union](#) (EU), is the largest union of argan oil co-operatives in Morocco. It comprises 22 co-operatives found throughout the region.

As of 2020, there were around 300 small firms, mostly co-operatives, in the area about 16 miles (25 km) inland from Essaouira, on the Atlantic coast. The women who harvest the seeds are mostly Berbers, with traditional skills passed down through countless generations.

## ECONOMIC IMPACTS, GENDER EQUALITY AND WOMEN'S RIGHTS

Employment in the co-operatives provides women with an income, which many have used to fund education for themselves or their children. It has also provided them with a degree of autonomy in a traditionally male-dominated society and has helped many become more aware of their rights.

The success of the argan co-operatives has also encouraged other producers of agricultural products to adopt the co-operative model. The establishment of the co-operatives has been aided by support from within Morocco, notably the [Foundation Mohamed VI pour la Recherche et la Sauvegarde de l'Arganier](#) (Mohammed VI Foundation for Research and Protection of the Argan Tree), and from international organizations, including Canada's [International Development Research Centre](#) (IDRC) and the [European Commission](#) (EC).

However, despite many working very long days, the women usually make less than \$221 (£170) a month (and some even as low as \$50), which is below Morocco's recommended national minimum wage. Zoubida Charrouf, a chemistry professor at [Mohammed V University](#) of Rabat (capital city of Morocco) is an advocate for higher salaries, as well as the author of studies into its health benefits.

She says that some companies pay drivers to bring tourists to their facilities, to sell them the oil, rather than pay their workers properly. Morocco's minister of agriculture has asked for Charrouf's help in forcing firms to join trade bodies and commit to paying staff the recommended national minimum wage.

## THE HEALTH BENEFITS OF ARGAN OIL

Although native to Morocco, argan oil is now used across the globe for a variety of culinary, cosmetic and medicinal applications. Probably the most significant health benefits of argan oil are its capacity to lower cholesterol, reduce cancer risk, decrease inflammation, manage blood sugar spikes, promote heart health, speed wound healing, moisturize the skin, slow the aging process, promote healthy hair and strengthen nails. Argan oil has many health and beauty benefits discussed below.

### 1. CONTAINS ESSENTIAL NUTRIENTS

Argan oil is comprised of fatty acids and phenolic compounds that can provide immune support. The fat content of argan oil comes from [oleic and linoleic acids](#). Argan oil is a good source of *linoleic acid*, or omega-6 (29-36%). *Oleic acid* is a monounsaturated omega-9 fat found in argan oil (43-49%) that is also found in olive oil. Olive oil is renowned for its positive impact on heart health, mainly its [hypotensive effect](#) (lowers blood pressure).

### 2. HAS ANTIOXIDANT AND ANTI-INFLAMMATORY PROPERTIES

The various *phenolic* compounds in argan oil are likely responsible for its antioxidant and anti-inflammatory capacities. Argan oil is rich in vitamin E (*tocopherol*), a fat-soluble vitamin that is required for healthy skin, hair and eyes. This vitamin serves as a potent antioxidant to [reduce the damaging effects of free radicals](#). Other compounds present in argan oil, such as [CoQ10, melatonin and plant sterols](#), also play a role in its [antioxidant capacity](#).

A [2017 study](#) revealed a significant reduction in inflammatory markers in mice fed argan oil prior to exposure to a highly inflammatory liver toxin, compared to the control group. Additionally, a 2017 research study indicates that argan oil can also be applied directly to your skin to [repair the skin's natural barrier](#) and to reduce inflammation caused by injuries or infections. For people who have a weakened immune system, the vitamin E and antioxidants in [argan oil can be particularly helpful in providing it with a boost](#).

People diagnosed with polycystic ovarian syndrome (PCOS), extreme weight gain, poor digestion or incontinence might also benefit from the anti-inflammatory properties of culinary-grade argan oil.

### 3. BOOSTS HEART HEALTH

*Oleic acid* is also present in several other foods, including avocado and olive oils, and is often credited with [heart-protective effects](#). One small [2005 trial study](#) with human male subjects noted that argan oil was comparable to olive oil in its capacity to reduce heart disease risk through its impact on antioxidant levels in the blood. Reducing levels of LDL (bad) cholesterol can prevent heart diseases like *atherosclerosis*, heart attacks and strokes.

The [2004 study published in the British Journal of Nutrition](#) found that a diet containing argan oil considerably lowered blood pressure levels.

#### 4. MANAGES CHOLESTEROL LEVELS

The consumption of culinary-grade argan oil can help lower LDL (bad) cholesterol. The presence of plant sterols in argan oil—*schottenol* and *spinasterol*—block the absorption of bad cholesterol inside the intestinal tract.

In another small human [study in 2004](#), a higher intake of argan oil was associated with lower levels of LDL (bad) cholesterol and higher blood levels of antioxidants. In a [2011 study](#) on heart disease risk in 40 healthy people, those who consumed 15 grams of argan oil daily for 30 days experienced a 16% and 20% reduction in LDL (bad) and triglyceride levels, respectively.

#### 5. HAS BENEFITS FOR DIABETES

Some early animal research studies indicates argan oil may help prevent diabetes. These studies largely attribute these benefits to the antioxidants in argan oil. These studies, one in [2016](#) and another in [2017](#), resulted in a significant reduction in both fasting blood sugar and insulin resistance in mice fed a high-sugar diet alongside argan oil.

#### 6. HAS ANTICANCER EFFECTS

Argan oil may slow the growth and reproduction of certain cancer cells. One [2007 test-tube study](#) applied polyphenolic compounds from argan oil to prostate cancer cells. The extract inhibited cancer cell growth by 50% compared to the control group.

In another [2012 test-tube study](#), a pharmaceutical-grade mixture of argan oil and vitamin E increased the rate of cell death on breast and colon cancer cell samples.

#### 7. PROTECTS SKIN FROM SUN DAMAGE

Moroccan women have long used argan oil to protect their skin from sun damage, a practice was supported by a [2013 study](#). This study found that the antioxidant activity in argan oil helped protect the skin against free radical damage caused by the sun. As a result, this prevented burns and hyperpigmentation. More long term use, may even help prevent the development of skin cancer, including melanoma.

Antioxidants in argan oil help safeguard skin, hair and nails from damage brought on by UV rays. Using argan oil on sun-damaged skin can fade sun spots and provide deep moisture and cell regeneration to dry, leathery (“crêpe”) skin which is the result of over-exposure to UV rays.

#### 8. PROMOTES WOUND HEALING

The combination of antioxidants and vitamin E found in argan oil can be used to [help wounds and cuts heal faster](#). Argan oil may accelerate the wound healing process. One [2016 animal study](#) revealed a significant increase in wound healing in rats given argan oil on their second-degree burns twice daily for 14 days.

A [2017 review](#) suggests that the anti-inflammatory properties in argan oil may help with irritated burns and wounds, and may also benefit any mild scrapes and scratches. Although human research is needed, this data indicates a possible role for argan oil in wound healing and tissue repair.

#### THE BEAUTY BENEFITS OF ARGAN OIL

Argan oil is easy to add to your health and beauty routine. It is widely available in most major grocery stores, drug stores and online retailers.

Argan oil is usually used topically in its pure form—but also frequently included in cosmetic products like lotions and skin creams. While it can be applied directly to your skin, it may be best to start with a very small amount to ensure that there are no adverse reactions.

You can apply argan oil directly to damp or dry hair to improve moisture, or reduce breakage or frizz. It is also sometimes included in shampoos and conditioners. If it is your first time using it, start small and see how your hair responds. If you have naturally oily roots, apply argan oil only to the ends to avoid weighing hair down and a greasy look.

### 1. HAS ANTIAGING PROPERTIES

Argan oil is a superb way to slow the signs of aging in more mature skin. Aging skin experiences a decrease in natural oil production. This oil is what keeps the skin smooth and soft. Daily use of argan oil allows the vitamin E to reduce the appearance of fine lines and wrinkles. Some [research published in 2018](#) suggests that dietary intake of argan oil may help slow the aging process by reducing inflammation and oxidative stress.

It may also support repair and maintenance of healthy skin when applied directly to the skin, thus reducing visual signs of aging. Some human studies in [2015](#) and [2014](#) show argan oil—both ingested and administered topically—to be effective for increasing skin elasticity and hydration in postmenopausal women.

### 2. TREATS SOME SKIN CONDITIONS

Since 600 BCE the women of Morocco have been producing and utilizing argan oil as a popular home remedy for treating inflammatory skin conditions. Argan oil contains antioxidant and anti-inflammatory compounds which are beneficial for the skin. It contains vitamin E, which is crucial to a healthy immune system, it also protects cells, acts as an antioxidant, and can help fight off infections. It also contains phenols, which have antioxidant, anti-inflammatory and antiviral properties. And carotene that the body converts into vitamin A, which strengthens the immune system and improves skin health.

For skin conditions like eczema, psoriasis or rosacea, argan oil can be a natural remedy used for relief. It is important that there are no added fragrances or preservatives in the oil because they can worsen those skin conditions.

### 3. SOOTHES ATOPIC DERMATITIS

Atopic dermatitis is a common skin condition with symptoms like itchy, red skin. Applying argan oil topically to the affected area can help treat symptoms, the vitamin E and inflammatory properties found in argan oil lead to this soothing effect. In one [2016 study](#) conducted with dermatitis patients treated with placebo or oral vitamin E, the participants who received the vitamin E treatment saw a significant decrease in symptoms.

### 4. MAINTAINS SKIN HEALTH

The *oleic* and *linoleic acids* in argan oil are vital nutrients for maintaining [healthy skin and hair](#). Argan oil can give dry skin some much-needed moisture, due to its vitamin E and fatty acids. Argan oil is often directly applied to skin and hair but is also effective when ingested.

[Research shows](#) that when applied to skin, argan oil benefits include easing inflammation while moisturizing the skin. In one [2015 study](#), both oral and topical applications of argan oil improved the moisture content of the skin in postmenopausal women.

## 5. MAINTAINS HAIR HEALTH

Argan oil contains vitamin E and antioxidants that can prevent thinning hair and hair loss, and hair breakage and damage from free radicals. For silky, smooth hair—minus the greasy residue. Argan oil adds a hydrating boost to calm frizz, while adding lighter moisture that won't weigh hair down. A quick run through of argan oil on the tips of your hair can help prevent split-ends. Some [studies as published in 2015](#) indicate that plant oils with a comparable nutritional profile to argan oil may reduce split ends and other types of hair damage.

For frequent styling, it's important to have a shield against any intense heat. Argan oil is a natural remedy that adds a protective layer to the hair and helps strengthen hair that has been damaged by too much heat or chemicals. It is useful in different color treatments and for retaining the dye in coloring procedures. [A 2013 study](#) even found that argan oil improved the quality of hair that was intensely colored or dyed.

**Note:** While this oil is good for the hair, it may not be the best choice for the scalp—especially for people who have oilier hair. Argan oil, as well as similar types of oils, can promote *seborrheic dermatitis* (dandruff) when overused as they promote an overgrowth of the normal yeast of the scalp.

## 6. USED TO TREAT AND PREVENT STRETCH MARKS

While there is no [definitive evidence that any type of topical treatment](#) is an effective tool for the prevention and reduction of *striae gravidarum* (stretch marks) caused by genetics, pregnancy, or the gaining or losing of weight, argan oil is frequently used for this purpose. Consistent use of argan oil can reduce their appearance.

Research does indicate that argan oil may help reduce inflammation and improve the elasticity of skin—which could be why so many people report success in using it to reduce the appearance of stretch marks. A preliminary [research study in 2016](#) suggests that argan oil can improve skin elasticity, which may help reduce the appearance of stretch marks.

## 7. USED TO TREAT ACNE

Some sources claim argan oil to be [an effective treatment for acne](#). Argan oil's antioxidant and anti-inflammatory compounds, *oleic* and *linoleic* fatty acids aid acne-prone skin, in which a [study as far back as 1986](#) showed is usually deficient in the sebum. While *linoleic acid* will reduce inflammation and acne, and increase skin moisture, *oleic acid* can improve the skin's permeability and assist other ingredients penetrate more easily.

Organic argan oil was shown in a [2007 study](#) to reduce sebum levels in individuals with oily skin. Adult women with no prior history of acne are finding in their 30s and 40s this pesky condition is often difficult to treat. A [2013 research review](#) suggests that tea tree oil may complement argan oil benefits with its inherent antibacterial, antiviral and antifungal properties, and antioxidant content.

Whether argan oil is effective in treating acne likely depends on its cause. If it is caused by dry skin or general irritation, argan oil may provide a solution. However, if it is caused by hormones, it is unlikely that argan oil will provide any significant relief.

## THERAPEUTIC USES OF ARGAN OIL

It's important to buy high-quality oil that is 100% pure, organic, cold-pressed, unfiltered, and fragrance-free. A good, pure argan oil will be more expensive, but it will replace numerous other products (eye creams, moisturizers, lotions, hair styling products).



How much argan oil you should use at a time varies depending on where you're using it, remember that a little goes a long way. For your skin, start with just 1–2 drops. The amount to use for hair depends on the thickness, texture, condition and length, but likely anywhere from 1–3 drops.

Avoid certain brands of argan oil that have excessive amounts of fragrances and chemicals that can be irritating. If using pure argan oil, it is best to only use it once–twice a week, or it could cause your hair and skin to become oily, which could lead to breakouts.

1. **Add To Daily Skincare Routine:** Apply 1–2 drops to your skin or problem areas (if treating skin conditions like acne). Massage it in for a full minute. Let air–dry. *Tip: this should be the last step in your skincare routine, like other oils are, just as double cleansing would be the first.*
2. **Nighttime Moisturizer:** Pour 1 drop into your palm to warm. Apply in a circular motion to the washed skin of your face and neck.
3. **Under Eye Moisturizer:** Apply 1 drop to your face, using a tapping motion, from the bridge of your nose to your temple and back again. Then apply a drop beneath your eyes with the same gentle tapping.
4. **Acne Remedy:** Place 1 drop in the palm of your hand and lightly dab a bit extra into problem areas. *To fight stubborn or persistent white heads, use in conjunction with our [homemade skin toner](#), with the addition of 2 drops of tea tree oil.*
5. **Effective Skin Toner:** Add 2–4 drops to 8 oz. of your preferred toner, or better yet, make your own chemical–free, natural [homemade skin toner](#).
6. **Stretch Mark Remedy:** As a preventive measure, warm 2–3 drops of pure argan oil in the palms of your hands and gently rub into your stomach, hips, thighs or any other potential problem areas. For existing stretch marks, start by massaging a mixture of argan oil and brown sugar into the affected areas before your next bath. Rinse well and apply the oil to the affected areas prior to dressing.
7. **Cracked Heels Foot Treatment:** Rub 2 drops into your feet, paying special attention to problem areas. Depending on skin condition, you may need an extra 1–2 more drops. Cover with a pair of socks. Leave the socks on for at least 20 minutes, preferably overnight. Use a warm washcloth to remove oil residue from the soles.
8. **Treatment for Razor Bumps and Burns:** Warm 1–2 drops of argan oil in your hands and lightly massage into the affected area.
9. **Whole–Body Moisturizer:** Add 2–3 drops of argan oil to a food–grade carrier oil of your choice (coconut, olive, jojoba, sweet almond or sesame). For dry patches on heels, elbows and any other areas, massage 1 extra drop into those areas for relief.
10. **Leave–In Conditioner:** Start with 1 drop (or for short hair a ½ drop may do) and warm in your palms before raking your fingers through your hair, paying special attention to your ends. Once complete, add a ½ drop to your fingertips and massage into your scalp. Rub any excess into your face, neck or hands.
11. **Overnight Deep Conditioner Treatment:** Apply to freshly washed hair—much like a leave–in conditioner. Towel dry your hair until it's just damp. Add 5–10 drops, depending on hair length. Massage into hair and scalp for at least five minutes. Cover hair to prevent oil deposit on bedding. Leave it on overnight. In the morning, wash your hair, rinsing until all residue is gone.
12. **Lip Conditioner:** Rub in 1–2 drops and wipe away any excess. *Keep argan oil handy during the winter to prevent chapped lips.*
13. **Nail and Cuticle Treatment:** Remove all polish from fingernails and toenails and rinse thoroughly. Apply 1 drop directly onto each nail, one at a time, and rub into the nail bed and cuticle. Leave on until all nails have been treated. Wash and rinse thoroughly, reapply polish if desired.



## PRECAUTIONS

According to WebMD, argan oil is mostly safe and has very few and rare negative side effects. It's always recommended to do a 24-hour skin patch test before use. If using skin care or hair care products that contain argan oil, always follow the manufacturer's guidelines. Store argan oil away from direct sunlight and do not use if scent has changed or become rancid.

The possible side effects of using argan oil depend primarily on how it is used, e.g.: skin care, hair care, culinary, supplements. It is safe to use argan oil if pregnant or breastfeeding. You should stop using argan oil, or talk to a doctor beforehand if you have sensitive or acne-prone skin.

There are a few rare cases where argan oil produced *contact dermatitis* on people who used it topically on their skin or their hair (and is absorbed by the skin or scalp). *Contact dermatitis* [can cause symptoms](#) such as redness, rash, skin itchiness or an acne outbreak.

If used as a supplement, argan oil does have some potential gastrointestinal side effects, particularly for people who have a tree nut allergy or digestive issues. Symptoms of an adverse reaction are upset stomach, bloating, gas, nausea and diarrhea. If you notice any of these argan oil side effects, or any other type of adverse reaction, stop using it immediately.

In very rare cases, people may experience more severe side effects to argan oil oral supplements. These include confusion, difficulty sleeping, general malaise, overexcitement, depression and agitation. If you experience any of these symptoms, stop taking argan oil supplements immediately.