



# The usage of 'Sesame oil'

For health food, medicinal and massage...

## •Cooking

- put sesame oil in stir-frying, fried 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'



1. Sesame plants



2. Dry sesame plants readily for harvest



Black sesame seed



White sesame seed

3. Clean sesame seeds



5. press sesame



Holland-India tool

6. Filter out the dirt in sesame oil



4. Exposed to the sun



Lao-German tool



Burma tool