

**NOT JUST A FOOD.....**



**OTHER USES OF OLIVE OIL**

# OTHER USES OF OLIVE OIL

Olive oil is a typical food of the Mediterranean diet.

Since ancient times, its beneficial properties were known, to such an extent that it has always been used and considered not only as a food, but also as a valid natural medicine.

The abundance of crops in our country has allowed us to know the many facets of a product that gives us multiple benefits every day.



# FOR BODY CARE

## Moisturizing for the skin



applied in small quantities,  
moisturizes the skin without  
clogging the pores

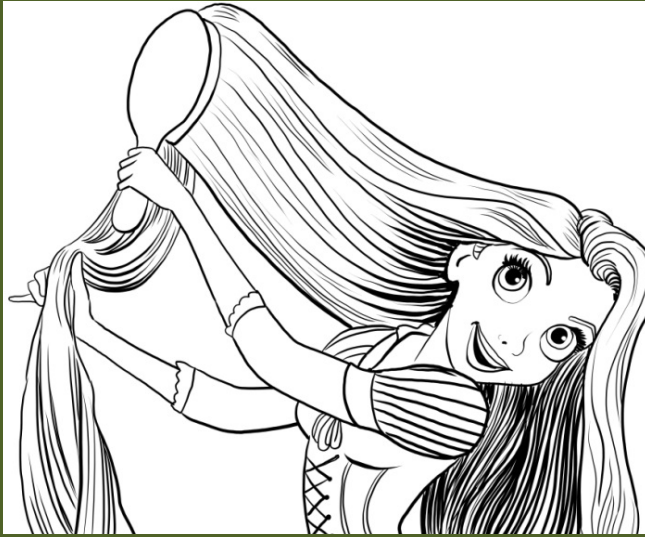
## Eye makeup remover



get some cotton with a little oil  
and the makeup will come off

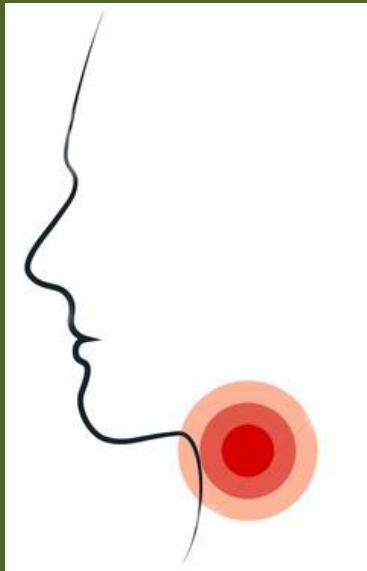
# FOR BODY CARE

## Hair conditioner



applied on the tips helps and make hair shiny and soft

## Soothing for the throat



A teaspoon of olive oil helps soothe inflammation in the throat

# FOR BODY CARE

## Moisturizing for dry and chapped lips



Rub a little hot oil on your lips and they will soon be more hydrated

## Soothing for skin irritations



Applying and massaging on irritated skin, soothes itching and burning

# FOR BODY CARE

## Against ear ache



A few drops of warm oil is an effective remedy against earache

## As a detergent soap



Used by our grandparents not only for the hygiene of the body, but also for the laundry, thanks to the excellent degreasing power.



# FOR THE CARE OF OBJECTS

## Glossy for furniture



The oil together with a few drops of lemon helps to eliminate dust and polish wooden objects

## Shoe polish and nourishing leather



Put a few drops of oil in a soft cloth and leather will become shinier

# FOR THE CARE OF OBJECTS

## Polishing for stainless steel



Put a few drops of olive oil in a soft cloth and rub on the stainless steel items, they will become even brighter

## To remove chewing gums



Apply the oil to the part to be removed, leave for 5-10 minutes and remove everything.



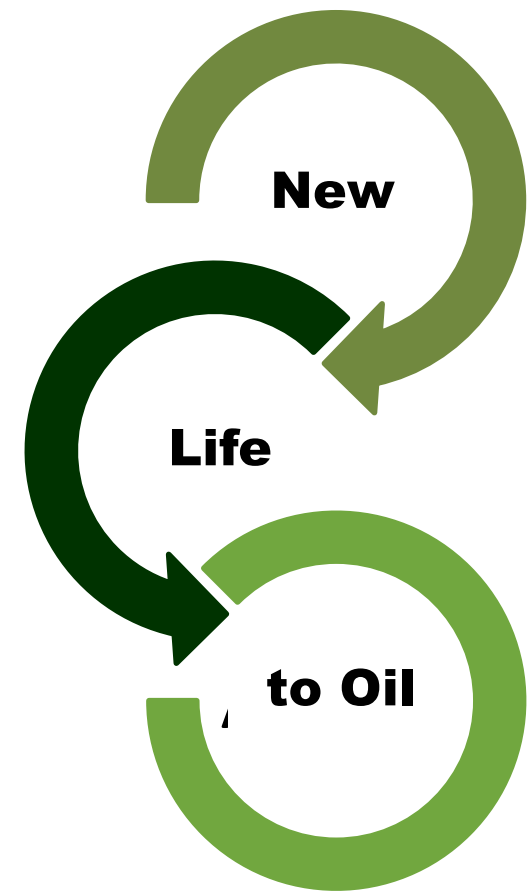
# OLIVE OIL AS FUEL



## OIL LAMPS



The oil not suitable as an ingredient to eat, can be used as fuel to feed oil lamps.



In ancient times, oil lamps were widely used to illuminate all environments in the absence of electricity

# HOW TO MAKE AN OIL LAMP WITH RECYCLED MATERIALS



## MATERIALS



**Olive Oil**



**Aluminum  
Can**



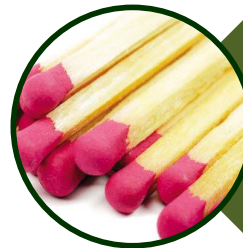
**Glass Jar**



**Cotton**

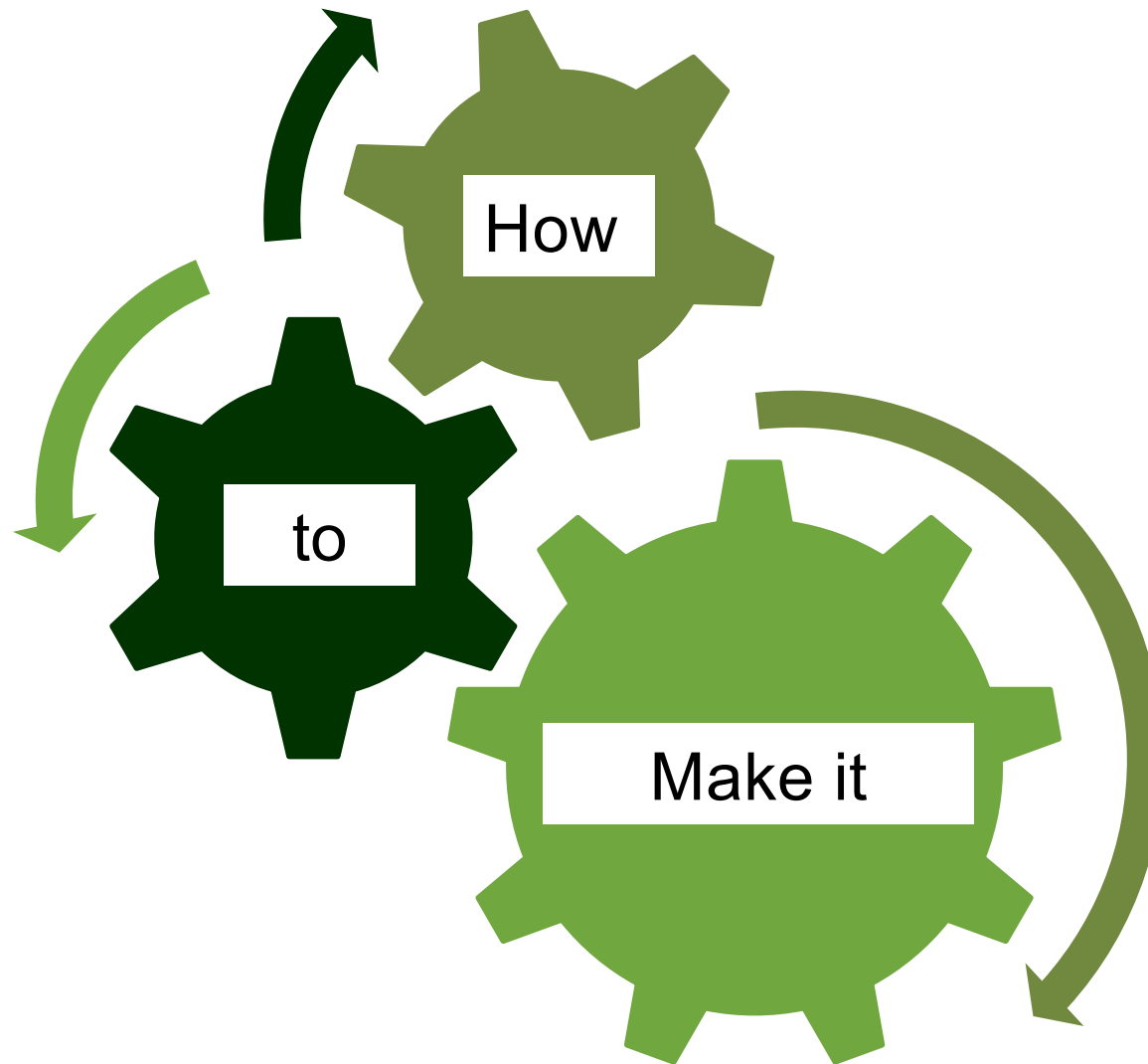


**Water**



**Matches**

# METHOD



# METHOD

Fill the jar with water for more than half



Add olive oil





# METHOD

Get an aluminum disc (for example, the bottom of a can) and drill a hole in the center

Pass cotton through the hole to create a wick and place everything on the jar filled with water and oil





# METHOD

Wait until the cotton is full of oil and light the wick with a match



# YOUR OIL LAMP IS READY TO BE USED



IF YOU WANT TO MAKE YOUR LAMP MORE BEAUTIFUL, YOU CAN ADD  
SOME COLOR TO THE WATER