CLAIMS

1. A method of treating a crude oil containing formation comprising admixing at least the internal olefin sulfonate composition comprising water and an internal olefin sulfonate mixture having an average carbon number of at least 20, wherein the internal olefin sulfonate mixture comprises hydroxy sulfonates and alkene sulfonates in a weight ratio of hydroxy sulfonates to alkene sulfonates of at least 3.25, with water and/or brine, preferably from the formation from which crude oil is to be extracted, to form an injectable fluid, wherein the active matter comprises in the range of from 0.1 to 0.8 wt% of the injectable fluid and then injecting the injectable fluid into the formation.