

### **Conventional Vegetable Oils. Use Equal parts castor/olive/Conventional Vegetable Oils. Or you can replace the olive oil and just use castor and Conventional Vegetable Oils.**

- **Sweet almond oil** is a great emollient for softening and conditioning the skin and hair. It is well suited for eczema, psoriasis and itchy, dry and inflamed skin. It is rich in essential fatty acids and vitamins A, B1, B2, B6 and E.

- **Apricot kernel oil** is a light, yet emollient oil that is high in oleic and linoleic acids. It is recommended for mature skin, sensitive skin and skin that is inflamed, irritated or dry.

- **Avocado oil** has been used in African skin treatments for centuries. This highly therapeutic oil is rich in vitamins A, B1, B2, B5 (Panthothenic acid), Vitamin D, E, minerals, protein, lecithin and fatty acids. It is a useful, penetrating nutrient for dry skin and eczema. Avocado oil is said to have healing and regenerating qualities.

- **Pomegranate seed oil** is remarkable ability to nourish, moisturize and improve skin elasticity. Pomegranate seed oil is high in lipids including punicic acid and is effective in treating dry skin, eczema, psoriasis and sunburned skin. Studies have shown that pomegranate oil is effective at killing cancer cells when applied topically.

- **Jojoba oil** is highly penetrating and closely resembles the natural sebum within our skin. Use jojoba in facial blends to remove excess oils and to help balance the skin's natural oil. You can substitute the olive oil for Jojoba oil for normal to oily skin.

- **Strawberry Seed Oil** is an ideal ingredient for inclusion in anti-aging formulations and products intended for dry or damaged skin.

- **Coconut oil** is useful in formulations for dry, itchy, sensitive skin. It will not clog pores, and it absorbs readily into the skin.

## Oils

Written by Administrator

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- **Hazelnut oil** is a light, penetrating oil that is slightly astringent. It is a suitable addition to formulations intended to be used on acne prone skin. Hazelnut oil is high in essential fatty acids and is soothing and healing to dry, irritated skin.

- **Flax seed oil** is a nourishing addition to formulations intended to help treat eczema, psoriasis, rosacea, acne and aging skin. Flax seeds are a rich source of alpha-linolenic acid (ALA) an the Omega-3 series of essential fatty acids.

**Working with Essential Oils:** As with all essential oils, never use oils undiluted. Do not take internally unless working with a qualified and expert practitioner. Keep away from children. If applying an essential oil to your skin always perform a small patch test to an insensitive part of the body (after you have properly diluted the oil in an appropriate carrier such as almond oil, jojoba oil etc etc. Most oils should not be used on pregnant women. ALWAYS read the warning on the labels before use. Use only pure essentials oils. Buy your oils from a trustworthy source.