



## Carrier Oils

### General

It is generally recommended that essential oils are diluted in carrier oils before using them on the skin. The best carrier oils are plant based, as mineral oils clog the skin and are not moisturizing. It is best to do a patch test before applying a new oil, especially for sensitive skin.

### Storage

Carrier oils should be stored well sealed, out of sunlight, and refrigerated if stored a long time, to prevent rancidity. Rancidity will cause the oil to smell bad, and will cause skin irritation. Carrier oils high in saturated fatty acids will be more stable than those high in unsaturated fatty acids. Oils high in Vitamin E also have a longer shelf life.

### About GLA (gamma linoleic acid)

Carrier oils are rich in gamma linoleic acid. This compound helps regulate metabolism. It is high in evening primrose, and twice as high in borage. When there is a deficiency of GLA, the skin becomes rough, dry, cracks and bruises easily. There is a tendency to develop eczema, and the hair becomes fragile and dull. Using oils high in GLA externally will benefit the skin, but will not have a significant effect on treating internal hormonal conditions; taking oils internally will help both the hormonal and the skin conditions.

### Common Carrier Oils

The following vegetable oils are some of the most commonly used in the practice of aromatherapy and they offer a wide range of therapeutic benefits.

#### **Almond, Sweet** (*Prunus amygdalis*)

**Sensory info:** pale yellow, light to no aroma, light texture.

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Best to refrigerate to prolong shelf life.

**Dosage:** Can be used 100 percent or in a blend of other oils.

**Nutrient profile:** Monounsaturated oil contains valuable trace minerals. High in oleic acid, which helps to keep it stable.

**Therapeutic applications:** A good emollient, it protects and nourishes the skin. Helps relieve itching, soreness, dryness, and inflammation of the skin, e.g., eczema. Good for all skin types particularly dry skin. Good for vata and pitta doshas.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts

**Apricot kernel** (*Prunus armeniaca*)

**Sensory info:** pale yellow, light, nutty taste, no aroma

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Best to refrigerate to prolong shelf life.

**Dosage:** Can be used 100 percent or in a blend of other oils, usually used at 10-50%.

**Nutrient profile:** Rich in GLA (Gamma Linoleic Acid), Vitamin A, Vitamins B (especially B17)

**Therapeutic applications:** Nourishing, emollient, moisturizing, anti-inflammatory, anti-aging, antioxidant.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts

**Avocado** (*Persea americana*)

**Sensory info:** pale to golden yellow, heavy, waxy, nutty taste, very light aroma

**Skin type:** All skin types, especially dry skin

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** 10% recommended dilution

**Nutrient profile:** Rich with vitamins A, B1, B2, D, E and Beta Carotene

**Therapeutic applications:** Highly nourishing, emollient, moisturizing, anti-inflammatory, anti-aging, antioxidant. Treats extreme dryness of the skin, hydrates the epidermis, increases skin elasticity, treats eczema and rash.

**Warnings:** none

**Baobab Carrier Oil** (*Adansonia digitata*)

**Sensory info:** Golden yellow

**Skin type:** All skin types

**Shelf life:** Long (up to 4-5 years). Extremely stable oil.

**Dosage:** Can be used 100 percent or in a blend of other oils.

**Nutrient profile:** Rich in fatty acids particularly oleic acid (up to 42%), linoleic acid (20-33%), linolenic acid (up to 1.5%), stearic acid (3-9%), palmitic acid (up to 27%), palmitoleic acid, arachidonic acid (up to 1.5%) and sterols (beta-sitosterol).

**Therapeutic applications:** Because Baobab oil absorbs quickly into the skin, it has a strong emollient affect, it can improve the skins elasticity, relieve inflamed skin condition such as dry eczema and psoriasis, is an excellent cell regenerative oil, and can alleviate pain from burns. It supports epithelial tissue regeneration. Softens and soothes the skin. Good for vata and pitta doshas.

**Warnings:** none

**Black Currant** (*Ribes nigrum*)

**Sensory info:** translucent, light yellow

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** Can be used 100 percent or in a blend of other oils. Great substitute for evening primrose oil.

**Nutrient profile:** rich in GLA (up to 15%) an essential fatty acid including Omega 3, 6 and 9

**Therapeutic applications:** nourishing, emollient, moisturizing, anti-inflammatory, anti-aging, antioxidant. Treats extreme dryness of the skin, aids in eczema and psoriasis, promotes hair, nail and skin health.

**Warnings:** none

**Borage** (*Borago officinalis*)

**Sensory info:** light yellow with faint green accents, heavily scented

**Skin type:** All skin types

**Shelf life:** Short to medium (1-6 months). Store in cool dark places.

**Dosage:** 10% recommended blend

**Nutrient profile:** high in GLA, rich in Oleic and Linoleic, high content of omega-6 fatty acids

**Therapeutic applications:** rejuvenates skin, stimulates keratinocytes activity, supports skin barrier function, nourishing, emollient, moisturizing

**Warnings:** none

**Canola** (*Brassica campestris*)

**Sensory info:** Pale yellow to golden yellow, light, odorless

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** Can be used 100 percent or in a blend of other oils, usually used at 10-50%.

**Nutrient profile:** contains GLA, rich in vitamins

**Therapeutic applications:** nourishing, emollient, moisturizing, easily absorbed by the skin, ideal for massage oil.

**Warnings:** Verifying the origin is important as canola oil mostly comes from GMO sources

**Carrot Oil** (*Daucus carota*)

**Sensory info:** yellow brownish, viscous, woody, root-like, earthy fragrance

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** 10% recommended blend

**Nutrient profile:** high in carotene, rich in Vitamin A

**Therapeutic applications:** nourishing, emollient, moisturizing, rejuvenating, relieves itching, rash, eczema, promotes scar healing

**Warnings:** none

**Castor Oil** (*Ricinus communis*)

**Sensory info:** clear to pale yellow, honey-like consistency, lightly scented

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** 10% recommended blend/dilution

**Nutrient profile:** Rich in palmitic, stearic, oleic and linoleic acids

**Therapeutic applications:** nourishing, emollient, moisturizing, aids in itching, rash, eczema, promotes healthy skin, hair and nails, relieves pain, helps in treatment of warts and calluses, prevents scarring. Used in Ayurvedic medicine in arthritis.

**Warnings:** Avoid using during pregnancy

**Coconut** (*Cocos nucifera*)

**Sensory info:** clear, light, odorless

**Skin type:** All skin types

**Shelf life:** Long shelf life (1-5 years). Store in cool dark places.

**Dosage:** 10% - 50% recommended blend/dilution

**Nutrient profile:** rich in vitamins and minerals

**Therapeutic applications:** Does not clog pores, non-greasy, easily absorbed by the skin, nourishing, emollient, hydrating. Cooling in nature, good for inflammation of skin; dryness, itching, sensitive skin. Used in India for skin, hair, and infant massage.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts

**Corn Oil** (*Zea mays*)

**Sensory info:** light to bright yellow, light, slightly scented

**Skin type:** All skin types

**Shelf life:** Medium shelf life (6 to 12 months). Store in cool dark places.

**Dosage:** can be used as 100% base oil

**Nutrient profile:** rich in nutrients, high in vitamins

**Therapeutic applications:** nourishing, emollient, moisturizing, soothing, easily absorbed by the skin, ideal for massage oil.

**Warnings:** Verifying the origin is important as corn oil mostly comes from GMO sources

**Evening Primrose Oil** (*Oenothera bienniss*)

**Sensory info:** light to bright yellow, slightly heavy, slightly sweet scented

**Skin type:** All skin types, especially aging skin

**Shelf life:** Short shelf life (1-6 months). Store in cool dark places.

**Dosage:** 10% recommended blend/dilution

**Nutrient profile:** high in GLA, rich in nutrients

**Therapeutic applications:** rejuvenating, anti-aging, aids in acne, helps in psoriasis, relieves dermatitis, nourishing, emollient, moisturizing, soothing, promotes wound healing.

**Warnings:** none

**Flax Seed Oil** (*Linum usitatissimum*)

**Sensory info:** clear to light yellow, odorless

**Skin type:** All skin types

**Shelf life:** Medium shelf life (6-12 months). Store in cool dark places.

**Dosage:** 10% - 50% recommended blend/dilution

**Nutrient profile:** high in GLA, high in ALA (alpha linoleic acid), omega fatty acids, vitamin B, high in vitamin E

**Therapeutic applications:** rejuvenating, anti-aging, prevents and treats stretch marks, helps in psoriasis, relieves dermatitis, nourishing, emollient, moisturizing, soothing, promotes wound healing.

**Warnings:** none.

**Foraha (Tamanu) Oil** (*Calophyllum inophyllum*)

**Sensory info:** brown, heavy, thick, rich, deeply scented

**Skin type:** All skin types, caution with sensitive skin

**Shelf life:** Medium shelf life (6-12 months). Store in cool dark places.

**Dosage:** can be used 100% as carrier base

**Nutrient profile:** high in vitamins, rich in nutrients, fatty acids

**Therapeutic applications:** nourishing, emollient, moisturizing, soothing, promotes wound healing, aids in skin ulcers, useful for joint pain and sciatica,

**Warnings:** Patch testing is recommended in sensitive skin, as it may be irritating.

**Grapeseed** (*Vitis vinifera*)

**Sensory info:** light to yellow green, mild, light, slight nutty aroma

**Skin type:** All skin types

**Shelf life:** Medium shelf life (6-12 months). Store in cool dark places.

**Dosage:** can be used 100% as carrier base

**Nutrient profile:** high in vitamin E, rich in nutrients

**Therapeutic applications:** easily absorbed by the skin, nourishing, emollient, moisturizing, soothing, aids in acne, slightly astringent, tones skin, enhances skin elasticity

**Warnings:** may have mild side effects including nausea, dizziness or headaches

**Hazelnut** (*Corylus avellana*)

**Sensory info:** light to bright yellow, mild, slight nutty aroma

**Skin type:** All skin types

**Shelf life:** Medium shelf life (6-12 months). Store in cool dark places.

**Dosage:** can be used 100% as carrier base or 10% dilution

**Nutrient profile:** high in vitamin E, rich in nutrients

**Therapeutic applications:** easily absorbed by the skin, rejuvenating, anti-aging, repairs damaged skin, nails and hair, aids in acne nourishing, emollient, moisturizing, soothing, aids in acne, tones skin, tones epidermis, enhances skin elasticity, slightly astringent.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts

**Jojoba** (*Simmondsia chinensis*)

**Sensory info:** light to golden yellow, fine waxy texture, odorless

**Skin type:** All skin types

**Shelf life:** Stable and long lasting.

**Dosage:** Can be used 100 percent or in a blend of other oils.

**Nutrient profile:** high in proteins, rich in vitamins, especially E, minerals, and a waxy substance that mimics collagen.

**Therapeutic applications:** hydrating, emollient, nourishing, helps in acne, dissolves clogged pores, naturally compatible pH, has anti-inflammatory properties, helps in eczema, psoriasis, and inflamed skin, ideal for skin and hair care, treats dandruff, promotes nail health, reduces wrinkles, prevents stretch marks. Good for all doshas.

**Warnings:** none

**Kikui Nut** (*Aleurites moluccanus*)

**Sensory info:** clear to light yellow, slightly scented

**Skin type:** All skin types, especially dry aged skin

**Shelf life:** Stable and long lasting.

**Dosage:** 5-10% blend/dilution

**Nutrient profile:** Rich in Vitamin A, Vitamin C, Vitamin E and essential fatty acids (Linoleic and Linolenic)

**Therapeutic applications:** easily absorbed by the skin, hydrating, emollient, nourishing, soothes sunburn, promotes burn healing, aids in lesion healing.

**Warnings:** none

**Macadamia Nut Oil** (*Macadamia integrifolia*)

**Sensory info:** pale yellow, slightly thick, slight nutty aroma

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Best to refrigerate to prolong shelf life.

**Dosage:** Can be used 100 percent or in a blend of other oils, usually used at 10-50%.

**Nutrient profile:** Rich in antioxidants, omega fatty acids, vitamins

**Therapeutic applications:** Nourishing, emollient, moisturizing, anti-inflammatory, anti-aging, antioxidant, promotes wound healing.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts

**Marula oil** (*Scelerocarya birrea*)

**Sensory info:** Golden to light yellow, light, fine texture, very penetrating, odorless.

**Shelf life:** Medium to long (6 to 12 months).

**Dosage:** Can be used 100 percent or in a blend of other oils.

**Nutrient profile:** high content of oleic acid (70-78%) and linoleic acid (4-7%)

**Therapeutic applications:** Nourishing, emollient, moisturizing, relieves sunburn, aids in eczema, dermatitis, psoriasis. Good for all doshas particularly vata. Commonly used to infuse fragrant flowers.

**Warnings:** none

**Olive Oil** (*Olea europaea*)

**Sensory info:** yellow green, slightly thick, slight pungent aroma

**Skin type:** All skin types

**Shelf life:** Medium to long (6 to 12 months). Best to refrigerate to prolong shelf life.

**Dosage:** Can be used 100 percent or in a blend of other oils, usually used at 10-50%.

**Nutrient profile:** Rich in antioxidants, omega fatty acids, vitamins, oleic and linoleic acids

**Therapeutic applications:** Nourishing, emollient, moisturizing, anti-inflammatory, anti-aging, antioxidant, regulate sebaceous activity, highly compatible with the skin, slightly astringent, promotes wound healing, and promotes skin, hair and nail health

**Warnings:** none

**Rose Hip** (*Rosa rubiginosa*)

**Sensory info:** pinkish red color, emollient to the touch, very pleasant aroma

**Skin type:** All skin types, especially dry.

**Shelf life:** Low to medium stability. Must be kept refrigerated.

**Dosage:** Can be used 10-20% in a blend of other oils. Only use 100% for very dry skin.

**Nutrient profile:** high in fatty acids: Palmitic acid 3.6%, stearic acid 2.15%, oleic acid 15%, linoleic acid 47.7%, linolenic acid 28.5%, arachidic acid 0.9%, eicosenoic acid 0.45%, eicosadienoic acid 0.15%, behenic acid 0.2%, docosenoic acid 0.15%

**Therapeutic applications:** regenerates skin, rejuvenates, aids in scar healing, supports burn healing, prevents premature aging, promotes tissue regenerations, reduce scarring, anti-aging, prevents excessive dryness of the skin, aids in eczema, psoriasis, treats hyperpigmentation.

**Warnings:** use cautiously in acne-prone skin as it may cause pores to clog

**Safflower Oil** (*Carthamus tinctorius*)

**Sensory info:** translucent, light, odorless

**Skin type:** All skin types

**Shelf life:** Medium shelf life (6-12 months).

**Dosage:** Can be used 10-20% in a blend of other oils. Only use 100% for very dry skin.

**Nutrient profile:** very high in oleic and linoleic acid, rich in vitamins

**Therapeutic applications:** nourishing, emollient, hydrating, promotes joint health, anti-inflammatory, relieves sprains and articular edema, suitable for massage oil

**Warnings:** none

**Soya Bean Oil** (*Dolichos soja*)

**Sensory info:** pale yellow, light, odorless

**Skin type:** All skin types, caution with sensitive skin

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** Can be used 100 percent or in a blend of other oils, usually used at 10-50%.

**Nutrient profile:** contains GLA, rich in vitamins

**Therapeutic applications:** nourishing, emollient, moisturizing, easily absorbed by the skin, promotes skin, hair and nail care.

**Warnings:** Verifying the origin is important as soy oil mostly comes from GMO sources

**Sesame** (*Sesamum indicum*)

**Sensory info:** dark yellow, heavy, deep scent

**Skin type:** All skin types, especially dry.

**Shelf life:** Very stable

**Dosage:** Can be used 100% or in a blend of other oils.

**Nutrient profile:** rich in vitamins, especially A and E, minerals, proteins, lecithin and amino acids, high in non-saturated fats.

**Therapeutic applications:** nourishing, emollient, hydrating, aids in eczema and rashes, prevents sunburn, repair damaged skin, scavenges free radicals, antioxidant. Sesame oil is often used for the Vata dosha due to its warming quality. Used in Ayurveda as a base for oils for the head (ear, nose, scalp, etc.); commonly used for making medicated oils.

**Warnings:** patch testing recommended for individuals with known allergy to various types of nuts and sesame

### **Sunflower** (*Helianthus annuus*)

**Sensory info:** pale yellow, light, odorless

**Skin type:** All skin types, caution with sensitive skin

**Shelf life:** Medium to long (6 to 12 months). Store in cool dark places.

**Dosage:** Can be used 100% or in a blend of other oils

**Nutrient profile:** high content of unsaturated fats, rich in vitamins

**Therapeutic applications:** nourishing, emollient, moisturizing, easily absorbed by the skin, promotes skin, hair and nail care, suitable for massage oil, aids in rashes and eczema. Sunflower is indicated for the Pitta dosha.

**Warnings:** none

### **Wheat germ oil** (*Triticum durum*)

**Sensory info:** dark yellow, heavy, strong odor

**Skin type:** All skin types, especially dry.

**Shelf life:** Medium shelf life

**Dosage:** 10% in dilution

**Nutrient profile:** rich in vitamins, especially A and E, proteins, lecithin and amino acids, antioxidants

**Therapeutic applications:** nourishing, emollient, hydrating, aids in eczema and rashes, prevents sunburn, treats damaged skin, prevents stretch marks, aids in psoriasis, scavenges free radicals, antioxidant.

**Warnings:** Potentially adverse reactions for people with a severe wheat or gluten allergies, Celiac Disease (CD), or Dermatitis Herpetiformis, (DH).

### **Macerated (Infused) Oils**

#### **Calendula Oil** (*Calendula officinalis*)

**Sensory info:** dark yellow to brown, heavy, strong odor

**Skin type:** All skin types, especially dry.

**Shelf life:** Medium shelf life

**Dosage:** 15-25% in dilution

**Nutrient profile:** high in flavonoids, rich in vitamins, especially A and E, proteins, lecithin and amino acids, antioxidants

**Therapeutic applications:** nourishing, emollient, hydrating, aids in eczema and rashes, prevents sunburn, treats damaged skin, prevents stretch marks, aids in psoriasis, eczema, , ,



antioxidant, antiseptic, anti-inflammatory, antispasmodic, aids in varicose veins and ulcers, promotes wound healing

**Warnings:** Pregnant and breastfeeding women should avoid use

**St. John's Wort Oil** (*Hypericum perforatum*)

**Sensory info:** yellow, slightly heavy, deep odor

**Skin type:** All skin types, especially dry.

**Shelf life:** Medium shelf life

**Dosage:** 10% in dilution

**Nutrient profile:** Vitamin A, Vitamin B1, Vitamin B2, Vitamin D, Vitamin B6 and linoleic acid

**Therapeutic applications:** nourishing, emollient, hydrating, aids in eczema and rashes, anti-inflammatory, soothing on inflamed nerves, helps in neuralgia and sciatica, supports joint health, treats sprain and articular swelling, supports wound and burn healing

**Warning:** May be irritant to sensitive skin

**How to choose carrier oil based on your skin type**

Carrier oils for dry skin: flaxseed, sesame, avocado, almond, avocado, wheat germ, olive, apricot, soy, jojoba, borage, evening primrose, carrot, rosehip seed

Carrier oils for oily skin: almond, hazelnut, apricot, grapeseed, borage, evening primrose, carrot.

Carrier oils for hair loss: jojoba, borage, evening primrose

**Carrier oil for scar tissue:**

Calophyllum and rosehip seed oils are specific for treating scar tissue. They decrease scar tissue, remove adhesions, and soften keloid scars. They work by increasing cellular respiration, oxygen circulation, cellular immunity, capillary toxin removal, wound healing.