



## **Skin Therapeutics**

### **Burns**

Carriers: calendula oil, jojoba, tamanu, rosehip seed, fresh aloe vera

Essential oils, 1 – 2% dilution: lavender, helichrysum, chamomile, frankincense

Hydrosols: lavender, rose, neroli, helichrysum

### **Scars**

Carrier oils: jojoba, calendula, tamanu, rosehip seed

Essential oils: lavender, clary sage, frankincense, helichrysum chamomile

Hydrosols: rose, helichrysum, lavender

### **Psoriasis**

Carriers: calendula, baobab, tamanu

Essential oils: chamomile, frankincense, lavender, patchouli, jatamansi, mandarin, vetiver, ylang ylang

### **Acne**

Essential oils: chamomile, frankincense, geranium, lavender, lemon, patchouli, ylang ylang, tea tree

Hydrosols: rose, geranium, neroli, helichrysum

## **Essential Oils and Skin Hydration**

### **Most Drying**

Citruses

### **Most Irritant**

Spices, as cinnamon, oregano

Antimicrobials as tea tree

**Moderately Drying**

Conifers and eucalypti

**Least Drying**

Flowers

**Most Hydrating Oils**

Sandalwood, vetiver, rose

**Most Hydrating**

Carrier oils and hydrosols