



Carrier Oils Galore!

How to Select Natural Oils for DIY Skin Care

Vanessa Nixon Klein,
Traditional Naturopath



Introduction

There are dozens of oils you could potentially choose to include in your own personalized recipes for DIY skin care products. I have put together brief descriptions of many of the most popular oils and their benefits, so that you can confidently select the best oils for your skin skin type and the intended use of the products you are creating.

Carrier Oil Descriptions

Apricot Kernel Oil: This oil can be used for up to 100% of your blend and is very softening to the delicate skin around the eyes and neck, as well as for those with sensitive or prematurely aging skin.

Avocado Oil: (unrefined): A rich, nutrient-dense oil containing vitamins A, B1, B2, D and E, avocado oil also contains amino acids, lecithin and other essential fatty acids. It can be used for up to 100% of your blend and is especially suited to very dry or sensitive skin.

Borage Seed Oil: Rich in GLA's (gamma-linolenic acid), borage can be used for up to 10% of your blend and is beneficial for mature and aging skin.

Black Currant Seed Oil: Also rich in GLA's, black currant seed is another oil with benefits for dry or mature skin and can be used for up to 10% of your blend.

Camellia Oil: Used extensively in Asia in skin restructuring beauty aids, camellia oil can be used for up to 20% of your blend.

Castor Oil: A thick, rich oil with drawing properties, castor oil has been used throughout the years in medical treatments as well as skin care. It can provide a protective barrier between your skin and the harsh environment. It can be used for up to 50% of your blend.

Carrier Oil Descriptions

Fractionated Coconut Oil: Liquid at room temperatures, unlike other coconut oils, fractionated coconut oil has a very long shelf life and is easily absorbed into the skin. Coconut oil is mild and suitable for those with inflamed or sensitive skin. It can be used for up to 100% of your blend, but I feel it is best to use in combination with other oils.

Evening Primrose Oil: Another nutrient-dense oil containing high amounts of GLA's, evening primrose is also excellent for cell regeneration, repairing mature and damaged skin and can be used for up to 10% of your blend.

Grapeseed Oil: A light oil useful for oily skin, as well as those with skin sensitivities, grapeseed oil is often solvent-extracted, so you'll need to check labels carefully for this oil. It is high in antioxidants, so it may aid in preventing cellular damage. It can be used for up to 50% of your blend.

Hazelnut Oil: Useful for any skin type due to its skin penetrating qualities, hazelnut contains vitamin E and can be used for up to 100% of your blend. It is especially suited to oily skin because of its astringent properties.

Hemp Seed Oil: A very nutrient dense oil from an extremely useful plant, hemp oil contains high levels of essential omega fatty acids and protein and is especially beneficial for dry skin. It also absorbs quickly and can be used for up to 15% of your blend.

Carrier Oil Descriptions

Jojoba: Having an extremely long shelf life, jojoba is very useful for all skin types. It is closest in chemical structure to the skin's own sebum, so it is very easily assimilated into the skin. It can be used for up to 50% of your blend.

Kukui Nut Oil: High in essential fatty acids, this oil is wonderful for sensitive, damaged, dry or wrinkled skin. It can be used for up to 10% of your blend and is readily absorbed by the skin.

Macadamia Nut Oil: Another oil similar to the sebum produced by human skin, macadamia nut oil absorbs very well into the skin and can be used for up to 20% of your blend. It is especially useful for healing scars and irritations.

Olive Oil: The first pressing, or "Extra Virgin", is more nutrient dense than subsequent pressings and so is the best choice for skin care. Olive is very conditioning and suitable for all skin types. It can be used for up to 100% of your blend.

Peanut Oil: Excellent for oily skin, peanut oil is a very light oil, but penetrates deeply.

Rose Hip Seed Oil: Another regenerative oil high in GLA's and Vitamin C, Rose Hip Seed oil is an excellent choice for dry skin and scar healing. Can be used for up to 10% of your blend.

Carrier Oil Descriptions

Sesame Seed Oil: This oil has anti-inflammatory benefits, rich in vitamins A and E and can be used for up to 25% of your blend.

Sunflower Seed Oil: Rich in vitamins A, D and E, this oil is very light but can provide extra protection in the winter months. Can be used for up to 100% of your blend.

Sweet Almond Oil: A very emollient, soothing oil, sweet almond oil is light but also penetrating and rich in fatty acids . It can be used for all skin types and for up to 100% of your blend.

Tamanu or Foraha Oil: This is a rich, thick oil with the documented ability to heal damaged skin, scars and stretch marks, that can be used for up to 25% of your blend.

Wheat Germ Oil: This oil is rich in protein, squalene and vitamins, A,D and E. It can be used for up to 5% of your blend.

References:

[“Making Aromatherapy Creams and Lotions: 101 Natural Formulas to Revitalize & Nourish Your Skin ” by Donna Maria,](#)

[Mountain Rose Herbs](#)

Carrier Oil Table

Oily Skin	Dry Skin	Sensitive Skin	Mature Skin	Damaged Skin	All Skin Types
Castor Oil	Avocado Oil	Apricot Kernal Oil	Apricot Kernal Oil	Camellia Oil	Jojoba
Grapeseed Oil	Black Currant Oil	Avocado Oil	Black Currant Oil	Kukui Nut Oil	Olive Oil
Hazelnut Oil	Hemp Seed Oil	Fractionated Coconut Oil	Borage Seed Oil	Macademia Nut Oil	Sweet Almond Oil
Peanut Oil	Kukui Nut Oil	Kukui Nut Oil	Black Currant Seed Oil	RoseHip Seed Oil	
Sesame Seed Oil	RoseHip Seed Oil		Evening Primrose Oil	Tamanu or Foraha Oil	
Sunflower Seed Oil			Hemp Seed Oil	Wheat Germ Oil	

Vanessa Nixon Klein, M.H., N.D., DiHom.

Vanessa has been studying and using natural medicine for the last 20 years, focusing on medicinal herbs, homeopathy, nutrition and aromatherapy. She studied for 2 years with world-renowned Herbalist, Cascade Anderson Geller, in the 1990's. In 2009, she earned her Diploma in Homeopathy (DiHom) from the British Institute of Homeopathy and has recently graduated from The Avicenna Institute with a degree in Traditional Naturopathy. She is the Mother of 3 adorable girls, ages 15, 13 and 11, is the founder, chief formulator and CEO of Herbs of Grace Natural Look Mineral Makeup and is a belly dance instructor. Additionally, she is the owner of Herbs of Grace Healing Arts where she is a Natural Health Consultant. While she currently calls Mossyrock, WA her home, she has spent time living in Japan, India and Germany, with her husband, Brad, and their girls.

Connect with Vanessa at her websites:

<http://www.herbsofgrace.com/>

<http://www.herbsofgraceHealingArts.com>

Her blog:

<http://www.herbsofgrace.com/Blog/>

<http://www.herbsofgrace.com/Homeopathy>

On Twitter:

<http://twitter.com/#!/HerbsofGrace>

On FaceBook:

<https://www.facebook.com/HerbsofGraceHealingArts>

<https://www.facebook.com/HerbsofGraceNaturalLookMineralMakeup>

On LinkedIn:

www.linkedin.com/in/vanessanixonklein/



H_{erbs} O_f G_{race} Wort's
School of Herbal Wizardry

A Publication of
- Herbs of Grace Healing Arts -