

# types of oil

TYPES	PROPERTIES	USES
Sweet Almond	color: very pale yellow Ingredients: glucosides, minerals, vitamins, proteins penetrates skin and nourishes anti-inflammatory	good for most skin types especially for dry, itching skin can be used 100%
Apricot Kernel Oil	color: pale yellow Ingredients: vitamins, minerals relieves stress	good for all skin types especially for skin that is prematurely aged, dry, sensitive or inflamed can be used 100%
Avocado	Deep green color Ingredients: Vitamins A, E	good for most skin types heavy; use in 10% dilution with base oil especially beneficial for dry skin *caution – latex allergy
Borage Oil	color: pale yellow Ingredients: gamma linolenic acid, vitamins, minerals, regenerative, penetrating and stimulating	Consider usage for eczema (check for any reaction with Skin Patch test)
Coconut Oil	color: light, white solid at room temperature; needs to be warmed. Thick viscosity.	good for all skin types, especially dry, cracked skin
Grapeseed Oil	color: none, golden or very pale green Ingredients: vitamins, minerals, proteins highest in linoleic acid non-allergenic	good for all skin types can be used 100%
Jojoba Oil	color: dark yellow Ingredients: protein, minerals From a bean of a desert shrub helps prevent oxidization of essential oils waxy-solid at cold temperatures antibacterial assists in breaking down sebum in plugged pores highly penetrating	Used to treat skin disorders, eczema keeps longer than most oils good carrier oil Use full strength or in dilution with other oils
Olive Oil	color: green Ingredients: proteins, minerals, vitamins E, calcium, copper, iron, magnesium, phosphorus, zinc, carotene warming	Good for all skin types * some literature cautions use with NICU & atopic dermatitis can be used 100%, but rather thick: diluted is best Extra virgin and cold pressed recommended.
Sunflower Oil	Color: light yellow Ingredients: low in oleic acid and is high linoleum acid which has antibacterial, regenerating, restructuring and moisturizing properties	Good for all skin types May improve hydration * some literature cautions use due to delays in the development of the crucial skin barrier function, damaging the integrity of the superficial layer of skin, the stratum corneum