

Carrier Oil, Base Oil, Fixed Oil Properties

Name & Botanical Name	Viscosity	Shelf Life	Contains	Uses	Benefits/Properties	Good For
Almond Oil prunus dulcis prunus amygdalus	Heavy urf	up to 12 mo.	Vitamin A, B, E, Protein, Calcium,	Food, Skincare	Moisturizing, Not Penetrating, Lubricating, Conditioning,	Dry Skin, Itching, Inflammation, Eczema, Burns,
	Medium		Glycosides, Iron, Magnesium,	Massage, Hair care	Retains Moisture, Calms Skin, Does not Clog Pores, Prevents Wrinkles,	Sunburn, Sore Muscles, Dandruff, Hair Loss,
			Phosphorus, Potassium	Cosmetics	Removes Impurities and Dead Skin, Aphrodisiac	Split Ends
Apricot Kernel Oil Prunus Armeniaca	Medium	6 to 12 mo.	Vitamin A, C, E	Skincare, Massage	Moisturizing, Emollient, Nourishing, Prevents Wrinkles, Laxative	Dry Skin, Sensitive Skin, Inflammation, Aged Skin
	Oily		Protein, Potassium	Hair care	Antioxidant Properties, Anti-Inflammatory	
Argan Oil Argania Spinosa	Light	up to 6 mo.	Vitamin E, Carotenes, Phenols	Skincare, Hair care,	Very Hydrating, Quickly Absorbs, Emollient, Protective Properties,	Acne, Scars, Strengthening Nails and Hair
	Medium	cool, dark dry	Squalene, Tocopherols	Cosmetics, Nail Care	Reduces Wrinkles, Dissolves Excess Sebum, Prevents/Reduces Stretch Marks	
Avocado Oil Persea Americana Persea Gratissima	Heavy	6 to 12 mo.	Vitamin A, B1, B2, D, E	Food, Skincare	Moisturizing, Very Penetrating, Improves Skin Elasticity, Increases Collagen	Dry Skin, Sensitive Skin, Aged Skin, Eczema
		do not	Amino Acids,	Hair care	Removes Impurities from Skin. Blends well with other carrier oils	Psoriasis, Solar Keratosis, Age Spots,
		refrigerate	Pantothenic Acid, Sterols			Scalp Care, Scars, Sun damage
Babbasu Oil Orbignya Oleifera	Medium	up to 12 mo.	Vitamin A, C, Calcium	Food, Skincare,	Moisturizing, More Emollient than Coconut Oil, Healing, No Oily Look	Dry Skin, Itching, Eczema, Protectant,
	Solid	at Room Temp	Iron, Phosphorus	Cosmetics, Hair care,	Anti-bacterial	Soap Making
Baobab Oil Adansonia Dititata	Medium	3 to 4 years	Vitamin A, E, F	Skincare, Massage,	Moisturizing, Hydrating, Quickly Absorbs, Astringent	Dry Skin, Sensitive Skin, Wrinkles, Dry Hair,
		cool, dark, dry	Protein	Hair care	Anti-Fungal, Anti-inflammatory, Anti-Microbial	Cosmetics, Detergents
Borage Seed Oil Starflower Oil Borago Officinalis	Light	up to 6 mo.	Alkaloids****Can Be toxic if	Dietary Supplement,	Very Penetrating, Regenerative, Stimulates Skin Cells, Do not heat	Aged Skin, Damaged Skin, Eczema, Psoriasis
	Oily	refrigerate	over consumed. Only 1-2	Skincare, Massage,	Dilute with another carrier oil 10% Borage 90% other	
			Only 1-2 grams daily	Cosmetics, Medicinal	DO NOT USE WHILE PREGNANT, MAY CAUSE PREMATURE LABOR	
Brazil Nut Oil Bertholletia Excelsa	Light	18 mo-24 mo.	Vitamin A, B, C, E	Skincare, Hair care	Hydrating, Emollient, Antioxidant Properties	Dry Skin, Aged Skin, Eczema, Psoriasis, Damaged Hair
			Selenium			Dry Hair, Cosmetics, Hair Products, Soaps
Camelina Oil Gold of Pleasure , Camelina Sativa	Light	up to 24 mo.	Vitamin E	Skincare, Hair care	Nourishing, Protective Properties, Reduces Skin Aging, Improves Skin	Sensitive Skin, Aged Skin, Eczema, Psoriasis
			Plant Sterols, Omega 3	Cosmetics	Elasticity, Similar to Flax Seed Oil, Antioxidant Properties	Eye Creams
Camellia Oil Tea Oil, Tea Seed Oil Camellia Sinesis, or Oleifera	Medium	up to 18 mo.	Vitamin E, Polyphenols,	Food, Skincare,	Moisturizing, Penetrating, Emollient, Conditioning, Cooling, Improves	Dry Skin, Aged Skin, Allergy Prone Skin, Scalp Care
			Squalene, Omega3	Hair care, Cosmetics	Complexion, Promotes Hair Growth, Antioxidant Properties	Scars, Can Reduce Cholesorol
			Omega 6, Omega 9		Known as "Geisha's beauty secret"	
Castor Oil Ricinus Communis	Heavy	up to 5 years	Vitamin E	Skincare, Cosmetics	Lubricating, Healing, Protective Properties, Good for Nursing Mothers to	Itching, Blackheads, Dandruff, Hemorrhoids,
					heal damaged, inflamed skin and dry nipples	Cosmetics, Scalp Care
Chia Seed Oil Salvia Columbariae	Medium	up to 1 year	Vitamin A, B, D, E, K	Food,	Moisturizing, Hydrating, Retains Moisture	Dry Skin, Acne, Dermatitis, Eczema, Psoriasis
			Amino Acid,	Dietary Supplement	Antioxidant Properties, Anti Inflammatory, Anti-Aging Properties	Auto Immune Skin Conditions, Scars, Wrinkles
			Omega 3, Omega 6	Skincare		
Coconut Oil Cocos Nucifeia	Light (liquid)	2-4 years	Vitamin E	Food, Skincare,	Moisturizing, Conditioning, Protective Properties, Does not clog pores,	Dry Skin, Oily Skin, Sensitive Skin, Sunblock,
	Solid	under 76 degrees	Squalene, Sterol, Tocopherols	Massage	Non Greasy, Doesn't stain, Helps extend shelf life of other carrier oils	Dry Hair, Split Ends, Cosmetics, Creams, Soaps
				Hair care, Cosmetics	*Make sure you purchase cold or expeller pressed organic unrefined*	
				Household	Refined oils, Part refined and fractionated lack nutrients	
Evening Primrose Oil Oenothera Biennis	Light	up to 6 mo.	Vitamin E	Food, Skincare	Healing, Astringent, Reduces Inflammation, Can Ease Premenstrual Stress	Sensitive Skin, Eczema, Baby Skin, Rashes, Dry Hair,
			Omega 3, Omega 6	Dietary Supplement	Used Medicinally in Europe and Licensed oil	Cosmetics, Hair Products, Arthritis, Breast Pain
				Hair care, Massage,	for Breast Pain in United Kingdom	Hot Flashes, Menstrual Problems, PMS
Flaxseed Oil Linum Usitatissimum	Heavy	up to 6 mo.	Vitamin E	Food, Dietary	Emollient, Astringent, Prevents Scarring and Stretch Marks	Oily Skin, Acne, Eczema, Psoriasis, Scars,
		refrigerate	Omega 3, Omega 6	Supplement, Skincare	Anti-Inflammatory, Anti-Septic, Anti-rheumatic, (Also Known as Linseed Oil	Stretch marks, High Cholesterol, Heart Disease,
Grapeseed Oil Vitis Vinifera	Light	up to 1 year	Vitamin E, Tocopherols	Food, Skincare,	Penetrating, slightly astringent, Reduces Skin Aging, does not aggravate acne	Oily Skin, Sensitive Skin, Skin that doesn't absorb
	Medium		Omega 6, Omega 9	Massage, Perfumes	not greasy, Antioxidant Properties increased in blood, anti-bacterial, anti-fungal	oil well. Cosmetics, High Heat Cooking

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Hazelnut Oil Corylus Avellana	Light	up to 1 year refrigerate	Vitamin B6, E, Protein Polyphenols, Tocotrienol	Food, Skincare, Massage, Hair care	Moisturizing, Emollient, Regenerative, Astringent, Soothing, Tones Skin Stimulates Skin Circulation, Strengthens Skin Capillaries, Softens Hair	Dry Skin, Damaged Skin, Sunscreen, Wounds, Dry Damaged Hair
Hemp Seed Oil Cannabis Sativa	Medium	up to 1 year refrigerate	Vitamin A, B1, B2, B3, B6 C, D, E, Protein, Chlorophyll DOES NOT CONTAIN THC*	Food, Skincare Massage, Hair care Cosmetics, Medicinal	Conditioning, Regenerative, Reduces Skin Aging, Increases hair elasticity, manageability, and shine, High in Proteins, Do not heat, consume raw Anti-Inflammatory	Dry Skin, Aged Skin, Damaged Skin, Wounds, Lesions, Cosmetics, Hair Care, Laxative
Joboa Oil Simmondsia Chinensi	Heavy Liquid wax	2-5 years	Vitamin B, E, Copper, Chromium, Silicon, Zinc	Skincare, Hair care, Cosmetics	Quickly Absorbs, Nourishing, Protective Properties, Similar to Collagen Can Clog Pores, yet allows skin to breath, Dissolves excess sebum Can extend shelf life of other oils, Antioxidant Properties	Oily Skin, Inflammation, Acne, Dermatitis, Eczema Psoriasis, Cradle Cap, Stretch Marks, Sun tanning oil for those who burn quickly
Kukui Nut Oil Aleurites Mouccans	Light	up to 1 year	Vitamin A, C, E	Skincare, Hair care Candle making, Soap	Quickly Absorbs, Protective Properties used in Hawaii to protect skin from salt water, sun, and wind, No Greasy Feeling	Dry Skin, Eczema, Psoriasis, burns, lesions, chapped skin, lightest oil for face
Macadamia Nut Oil Macadamia Integrifolia Macadamia Ternifolia	Heavy Oily	up to 1 year refrigerate	Vitamin A, B6, E Riboflavin, Thiamin, Omega 3, Omega 6	Skincare, Hair care, Cosmetics Baby Products	Quickly Absorbs, Emollient, Highly Regenerative, Protective Properties Helps Prevent Sunburn, Resembles Sebum sometimes called Bouple nut or bopple nut oil	Dry Skin, Aged Skin, Baby Skin, sunburns, wounds
Meadowfoam Seed Oil Limnanthes Alba	Heavy	1 to 5 years	Carbon, Tocopherols	Skincare, Hair care, Cosmetics, Nail Products, Pharmaceutical	Moisturizing for skin and hair, Lubricant, Conditioning Retains Moisture, Provides Nutrients to Animals	sunblock, cosmetics, gardening Renewable crop and used as a rotation crop eliminates need to burn fields
Neem Oil Azadirachta Indica	Heavy solid room temp	up to 2 years	Vitamin E, Triterpenes	Skincare, Hair care Cosmetics, Medicinal, Dental, Gardening	Dilute with other carrier oils prior to use! DO NOT USE WHILE PREGNANT OR NURSING, DO NOT USE ON CHILDREN OR PETS Anti-bacterial, Anti-Fungal, Anti-Septic, Anti-Viral	Sensitive Skin, Skin Diseases/Disorders, Psoriasis Allergies, Sunburn
Olive Oil Olea Europaea	Heavy	up to 2 years	Vitamin E, K, Protein Minerals	Food, Skincare, Hair care, Cosmetics	Penetrating, Soothing, Promotes Healthy Digestion and can help prevent Ulcers, Antioxidant Properties	Inflammation, Acne, Bruises, High Cholesterol, Heath Health, Sprains
Pecan Oil Carya Pecan	Light Medium	up to 1 year	High Fiber	Food, Skincare,	Moisturizing, Healing, Leaves skin soft and supple Anti-Inflammatory	Dry Skin, Cardiovascular Health, Digestion Heart Health
Pumpkin Seed Oil Green Gold Cucurbita Pepo L.	Heavy	up to 1 year refrigerate	Vitamin A, E Sterols, Zinc, Omega 3, Omega 6	Food, Dietary Supplement Skincare, Cosmetics	Emollient, Promotes Energy and Brain Function, Do not heat, Use Raw, Antioxidant Properties	Most Skin Types, Cosmetics, Supplement
Rose Hip Seed Oil Rosa Canina	Light Watery	up to 6 mo. Refrigerate	Vitamin A, C, K	Skincare, Massage Cosmetic	Regenerative, Non Greasy, Avoid with Acne and Oily Blemished skin Anti-Inflammatory	Dry Skin, Aged Skin, Damaged Skin, Eczema, Psoriasis Hyperpigmentation, Scars, Wrinkles, Brittle Nails
Safflower Oil Scarthus Tinctorius	Light	1 to 2 years	Vitamin E	Food, Supplement Skincare, Cosmetic	Extremely Moisturizing, Nourishing, Conditioning, Antioxidant Properties	Cosmetics, Balms, Scrubs, Bath Oils, Diabetes, Dietary Supplement
Sesame Seed Oil Sesame Indicum	Heavy	6 mo-1 year	Vitamin A, B, E, Protein, Calcium, Lecithin, Zinc	Skincare, Massage Hair care, Cosmetics	Moisturizing, Protective Properties, Soothing, Absorbs/ Removes Toxins Works well with other Carrier Oils, Can Darken Hair color Anti Aging Properties, called Benne oil, Gingle Oil, Teel Oil	Eczema, Psoriasis, Blemishes, Cuts, Dandruff, Scrapes, Wounds, Wrinkles, Cooking
Sunflower Oil Helianthus Annuus	Light	6mo to 1 year	Vitamin A, B, D, E Minerals	Food, Skincare, Hair care Cosmetics	Moisturizing, Quickly Absorbs, Regenerative, Great for Massage Can Help Break Down Fat Cells, Can Reduce Bad Cholesterol	All Skin Types, Dry Skin, Skin Diseases, Aged Skin Sensitive Skin, Bruises, Cradle Cap, Diaper Rash,
Tamanu Oil Calophyllum Inophyllum	Heavy	up to 1 year	Vitamin E	Skincare, Hair care Cosmetics, Nail Care Foot care	Emollient, Regenerative, Healing, Pain Relieving, Antioxidant Properties Anti-bacterial, Anti-Inflammatory, Anti- Microbial, Anti-neuralgic Oil Can Separate (this is normal)	Aged Skin, Damaged Skin, Acne, Psoriasis, Arthritis, Lesions, Burns, Bruises, Chemical Burns, Cuts, Rashes, Sores, Stretch Marks
Watermelon Seed Oil Citrullus Vulgaris	Light	up to 2 years	Lycopene, Magnesium Omega 6, Omega 9	Skincare, Hair care Cosmetics,	Hydrating, Penetrating, Regenerative, Non Greasy, Does not clog Pores Dissolves excess sebum, also called Kalahari Oil	All Skin Types, Dry Skin, Oily Skin, Aged Skin Acne, Babies Skin
Wheat Germ Oil Triticum Vulgare	Heavy	up to 1 year	Vitamin A, B1, B2, B3, B6 D, E, F, Protein	Food, Skincare, Cosmetics	Moisturizing, Emollient, Regenerative, Stimulates Skin Tissue, Do not Heat Antioxidant Properties	Irritated Skin, Chaffing, Cracked Skin, Rough Skin Wrinkles

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