

Almond Oil Learning with Laree

Sweet almond oil is easily the most popular carrier oil for many reasons. Almond oil is inexpensive and absorbs into the skin quite quickly. Almond oil is rich in vitamins A, B, and E, all of which are beneficial nutrients for healthy skin. Almond oil is light enough to be used as a make-up remover. It opens the pores, ensuring that all makeup is easily removed. Almond oil, heated, can be used in place of more expensive, commercially available hot oil treatments for dry hair and scalp. This is one of my favorite uses for almond (and coconut) oil.

Argan Oil Learning with Laree

The properties of argan oil make it useful for skin conditions with good results being shown with stretch marks during pregnancy. This oil should be considered for use with scarring, eczema, psoriasis, acne, and scars resulting from acne. Besides possessing healing properties, this oil is reported to be extraordinarily protective of skin, hair, and nails. It protects the skin from weather and provides a disinfectant layer.

Avocado Oil Learning with Laree

Avocado oil is a rich heavy oil that penetrates deeply into the skin. It is rich in vitamins A, D, and E, all wonderful skin nourishing vitamins. Avocado oil is excellent for use with dry or aging skin, with eczema or psoriasis, and for sun or wind damaged skin. Avocado oil is said to have a sufficiently high sterol content to be useful as a carrier when using essential oils for joint and muscle inflammation and pain. Avocado oil is quite light and absorbs reasonably quickly so it is sometimes used by itself on particularly damaged skin patches. Generally, however, it is used as a percentage in a carrier oil mixtures.

Calendula Oil Learning with Laree

Calendula is one of the best vulnerary (healing of wounds) plants ever. Calendula is anti-inflammatory. It is useful for vein health and circulatory issues such as varicose veins, spider veins and bruises. Calendula is one of the best healers of skin rashes, hives, eczema and psoriasis, leg ulcers, and bed sores that are difficult to heal. Using the appropriate essential oil, coupled with the healing properties of calendula infused oil as a carrier, provide a "double whammy" of healing. Some examples would include: ^{Le}Baby Me for diaper rash or stretch marks; ^{Le}AgeLess for a facial skin conditioner; ^{Le}MelaPlus or ^{Le}Purify on insect bites; and ^{Le}Deeper for the pain of shingles.

Castor Oil Learning with Laree

Castor oil is a very thick oil and is often mixed with another carrier oil. It is very hydrating and moisturizing for the skin and has been used for such skin conditions as psoriasis. Castor oil can stimulate tissue growth and can be used on wounds to create a moist and protective layer that helps promote healing and keeps sores from drying out. Castor oil is also used for keeping hair soft and hydrated. Studies have shown that castor oil applied topically reduces inflammation and can even help relieve pain. One study found that castor oil, because of its anti-inflammatory properties, effectively relieves arthritis symptoms.

Apricot Kernel Oil Learning with Laree

Apricot kernel oil is light in color with a pleasant, slightly nut scented aroma. It is appropriate for all skin types but especially effective for sensitive, inflamed, dry, or prematurely aging areas. Apricot oil is readily absorbed by the skin and leaves very little greasy residue. It is generally non-irritating, making it appropriate for children and infants. There are reports of the benefits of apricot kernel oil for treating mild sunburns.

Arnica Oil Learning with Laree

Arnica oil (at least the one sold by Butterfly Express,^{LLC}) is made by soaking arnica blossoms—fresh, whenever possible—in almond oil. Arnica oil is used with amazing result for injuries where bruising, swelling, and/or inflammation are present. Arnica oil is said to cause swelling in exposed muscle tissue, so it is not used on open wounds or deep abrasions except in homeopathic form. Arnica is one of my favorite healing plants and should be in every first aid kit!

Black Cumin Oil Learning with Laree

Scientific research into the individual components of this oil indicate that it protects from histamine-induced bronchial spasms, explaining its use both internally and as a carrier oil for asthma, bronchitis, and coughing. Black cumin is used for rheumatism and related inflammatory diseases and to increase milk production in nursing mothers. Black cumin makes an excellent carrier oil for skin conditions such as eczema and boils.

Carrier Oil Learning with Laree

This is a blend of 8 different carrier oils (grapeseed, almond, olive, jojoba, avocado, apricot, rosehip, and sunflower.) As with essential oil blends, carrier oil blends are a wonderful way to utilize the properties of the different carrier oils. This carrier oil blend is very versatile and a good choice for any skin type. It is great for those of us who cannot decide which carrier oil they would like to use. This is a nice medium weight oil that absorbs into the skin well.

Coconut Oil (*fractionated*) Learning with Laree

Coconut is inexpensive, absorbs quickly, has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Fractionated coconut oil leaves the skin feeling smooth but not greasy. I believe that fractionated coconut is one of the best carrier oil products available. Coconut is odorless and colorless; absorbs readily into the skin, leaving no residue; easily washes out of clothing and bedding. Although it absorbs very quickly, liquid coconut oil is an excellent skin moisturizer. It rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog the pores.

EO Oil Learning with Laree

EO is made with garlic oil, as well as other soothing, healing and infection fighting herbs. This makes it an excellent preventative measure to keep ear infections at bay. Place 3 – 5 drops in the ears once a day to keep the ears infection free and healthy. If an ear infection does occur, EO can be used more frequently to kill the bacteria and viruses that may be causing the infection. EO is often used with the herbal tincture BBL.

Fenugreek Oil Learning with Laree

Fenugreek carrier oil has wonderful skin-rejuvenating and anti-inflammatory properties. Even the aroma is soothing as the oil acts to reduce redness, itching, and inflammation. Fenugreek is helpful when using essential oil in the treatment of anything that involves the lungs. Fenugreek is recommended in the treatment of hair loss that is the result of irritation or inflammation. This pleasant carrier oil can help in the fight against dandruff caused by bacteria or clogging of the hair follicles.

Jobaba Oil Learning with Laree

Jobaba absorbs deeply and reasonably quickly into the skin. Its properties closely resemble the natural sebum within human skin and helps to balance the skins natural moisturizers. Jobaba oil contains natural anti-inflammatory properties making it an excellent addition to carrier oils that will be used for arthritis or pain. Jobaba is a very stable oil with a very low rancidity factor. It has the reputation of extending the shelf life of other carrier oils to which it is added. It is a bit too heavy for use by itself, except on a small patch of skin, here and there. It is wonderful when added as 10% to 15% of a carrier oil blend.

Marula Oil Learning with Laree

Marula oil is noted for its remarkable absorbency into the skin without leaving a greasy residue, and is packed with essential fatty acids, antioxidants, vitamins, and minerals. Marula oil is gaining popularity for its ability to nourish, moisturize and improve skin elasticity. Marula oil can help reduce the appearance of scars and stretch marks, and helps prevent them from occurring in the first place. It is beneficial for skin disorders like eczema and pigmentation discoloration, and can even help fight acne due to its antimicrobial properties. Marula oil also helps protect and nourish hair and nails.

Neem Oil Learning with Laree

Natural variation in color ranging from golden yellow, orange, or dark greenish-brown is normal for this carrier. Virgin Neem Oil has a VERY powerful, VERY unpleasant, herbaceous aroma that can be likened to a mixture of peanut and garlic. Despite the aroma, many people still consider it worth using because of its many amazing properties. strong regenerative properties that stimulate hair follicle growth and function. The regular application promotes the growth of thicker, stronger hair and is used to stop thinning hair issues. Neem is a thick carrier oil and is usually mixed with other carrier oils.

Evening Primrose Oil Learning with Laree

Evening Primrose oil is used topically and as a supplement. It contains many essential fatty acids including one of the highest concentrations known of GLA or gamma-linolenic acid which is found in very few other plants. These acids are essential for cell structure and improvement of the elasticity of the skin, and help regulate hormones and improve nerve function aiding in problems ranging from PMS to migraine headaches. Deficiencies in these fatty acids have been implicated in many disorders.

Grapeseed Oil Learning with Laree

Grapeseed is nourishing to the skin and can be used for hot oil hair treatments in the same way as almond oil. Grapeseed has astringent qualities that help to tighten and tone the skin. It is emollient enough to be beneficial for the treatment of minor sunburns and rashes. Adding an essential oil or two greatly increases these benefits. It does absorb quite a bit more slowly than almond oil. It also has a slightly stronger aroma—not unpleasant and mild enough that it is usually well-covered by the aroma of the essential oils.

LN Oil Learning with Laree

This liniment infused oil contains herbs that are amazing for injuries, bruising, inflammation, and the general pain and soreness that accompany injuries. The addition of lobelia in this infusion helps to deliver the other healing herbs to the area of concern quickly and relieves pain. The arnica works on sore, tight muscles and helps to reduce swelling of injured areas. Using LN oil as a carrier oil topically for injuries is especially effective with essential oils.

Mullein Oil Learning with Laree

Mullein oil, as a carrier oil, should be used when applying oils to the chest for infections, coughs, and congestion. Mullein is known as oil herb for the lungs. It can also be used in the ears, alone or as part of the EO recipe, to relieve the pain of ear infections and fight the bacterial involved. This is a great carrier oil when working with inflammation and pain. Mullein is gentle enough to be used on babies for diaper rash and for cracked nipples of nursing mothers. Mullein carrier oil s is often used to make herbal poltices for the emollient and healing properties.

Olive Oil Learning with Laree

Olive oil has some outstanding properties when applied to the skin. One exceptional quality is that it attracts external moisture to the skin while still permitting the skin to release toxins through sweat. Olive oil is soothing to inflamed skin, encourages the shedding of dead skin cells, and releases sebum from the skin. The drawback to olive oil is that it is quite heavy and absorbs less readily into the skin. When used as a carrier oil, several minutes must be allowed to pass before clothing can be placed back on the body. Olive oil is also more difficult to remove from clothing and bedding than some of the lighter carrier oils.

Palm MCT Learning with Laree

Palm Oil is very similar to fractionated Coconut oil. They are inexpensive, absorb quickly, have almost no aroma at all and have the added advantage of a long shelf life at room temperature without rancidity. Palm oil leaves the skin feeling smooth but not greasy. I believe that these two are the best carrier oil products available. Palm is odorless and colorless; absorbs readily into the skin, leaving no residue; and easily washes out of clothing and bedding. Although it absorbs very quickly, liquid coconut oil is an excellent skin moisturizer. It rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog the pores.

Sandalwood Oil Learning with Laree

Sandalwood Seed Oil contains high levels of Ximenynic acid, one of nature's most powerful anti-inflammatories, making it an excellent carrier oil to use on injuries, sprains, tight or sore muscles, and joint pain. It is also beneficial when applied to bruises, wounds, cuts, burns, and sores. This oil helps preserve the integrity of the skin cell walls, supporting cell restructuring, strengthening cell membranes, and increasing the rate of cell renewal. Sandalwood Seed Oil protects, moisturizes, and softens the skin, improves the elasticity of skin reducing wrinkles, and preventing hair loss.

Sunflower Oil Learning with Laree

Sunflower oil contains linoleic acid, oleic acid, lecithin, carotenoids and has a high vitamin E content. Oleic gives sunflower great emollient properties and a longer shelf life. Sunflower oil restores proper moisture balance in skin, whether the problem is dryness or excessive oiliness, while providing a protective barrier that resists infection, especially in premature infants. Sunflower oil is reported to be helpful for bruises and with leg ulcers. This oil is quite heavy and rarely used by itself. It is best as a small percentage of a carrier oil composite blend.

Vitamin E Oil Learning with Laree

Vitamin E is also known as wheat germ and contains high amounts of vitamin A and vitamin D and is rich in protein and lecithin. This makes it popular for many type of skin problem. It also works effectively to help heal burns, skin ulcers, psoriasis and eczema. It is beneficial for the general health of the skin as it improves the circulation of blood in the skin. It also helps the skin cells that may have been damaged due to the sun. Vitamin E oil helps with conditions like dermatitis and scarring. Vitamin E oil is known for its high level of antioxidant properties.

Rosehip Oil Learning with Laree

The main properties sought for when using Rosehip oil are the vitamins A and C and anti-oxidants. These two vitamins are cytophylactic, meaning that they aid cell regeneration and the sloughing off of old dead cells and cellular waste products. These properties make Rosehip oil an excellent choice for anti-aging and for the treatment of damaged skin cells including burns and scars. The combination of anti-oxidants and vitamin C brighten the skin and reduces or removes skin discoloration. The anti-oxidants found in Rosehip oil also make it a natural anti-inflammatory. Rosehip oil is excellent for dry, chapped lips.

Shea Nut Butter/Oil Learning with Laree

Shea Butter is solid at room temperature, while the oil has been fractionated so that it remains a liquid at room temperature. Shea contains vitamin A and the same natural moisturizers produced by the sebaceous glands in the skin, making it a great emollient that softens and strengthens the skin. It improves skin elasticity and a number of skin conditions including blemishes, wrinkles, scars, eczema, and dermatitis. It is also known for its ability to treat rashes, Itchy skin, insect bites, and sunburns.

Tamanu Oil Learning with Laree

Tamanu promotes the formation of new cell growth and the elimination of dead cells, thus accelerating wound healing. Tamanu is anti-inflammatory, antibiotic, as well as antimicrobial. It is often used for eczema or psoriasis, burns, acne, dry or scaly skin, diaper rash, diabetic ulcers and in relieving pain from sciatica, shingles, and arthritis. Tamanu oil is thick, and dark in color. It has a slightly gritty texture but when applied to the skin it is readily absorbed and leaves no oily residue. Tamanu can be used as a carrier oil or just plain for a moisturizer.

Walnut Oil Learning with Laree

Walnut is very high in linoleic acid and antioxidants. It is used to repair damaged or dry skin and to prevent wrinkles. It is best used as part of a carrier oil blend. Walnut oil, when taken internally (why not just eat walnuts?) creates an increase in the strength and resilience of blood vessels and improves circulation. This make walnut a great choice for those with high blood pressure or heart disease. Walnut oil has a short shelf life and must be kept refrigerated and stored with a tight lid. Walnut is not recommended for people with a nut allergies of any sort.