

Carrier Oil

Allergy Information

Carrier Oils Made from Nuts

You may be surprised that there are not more carrier oils made from a nut. However if you are allergic to nuts you may react to oils made from kernels and seed as well.

Argan Oil
Tamanu Oil
Shea
Walnut



Carrier Oils Made from the Kernels

Not all people who react to nut oils react to kernel oils but you should use caution until you know if you do or not.

Almond Oil
Apricot Kernel Oil
Marula Oil Virgin
Vitamin E Refined
Vitamin E Virgin

Carrier Oils Infused in Almond Oil

If you react to oils from kernels or more specifically almond oil then you will definitely want to avoid these as well.

Arnica Oil
Calendula Oil
Carrier Oil
EO
LN Oil
Mullein Oil
Rosehip Oil



Carrier Oils Made from Seeds

People with extreme allergies may react to oils made from seeds. Often, some will be OK and others will cause a slight irritation.

Black Cumin Oil
Carrier Oil
Castor Oil
Evening Primrose Oil
Fenugreek Oil
Grapeseed Oil Refined
Grapeseed Oil Virgin
Hemp Seed Oil
Jojoba Oil
Sandalwood
Sunflower

Carrier Oils Made from Fruit / Fruit Meat

Carrier oils made from fruit and meat cause the least allergies although some people react to coconut and palm oil.

Avocado Oil Refined
Avocado Oil Virgin
Coconut Oil MCT
Olive Oil
Palm Oil MCT

