

## QUICK REFERENCE SHEET

# ALMOND

*Prunus dulcis*



Extraction Method:  
Cold Pressed, Refined



Part Utilized:  
Kernel

### CONSISTENCY:

medium weight, light almost clear color

### AROMATIC CONSIDERATIONS:

little to no aroma

### APPLICATION:

Almond Oil is such a delightful carrier oil that it can be used all by itself, 100%.

### GENERAL INFORMATION:

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.

Almond Oil contains, along with the vitamins mentioned above, heart healthy fats, potassium and folic acid. Besides using Almond Oil as a carrier oil when applying essential oils, perhaps replacing some of your cooking oil with Almond Oil might be a good idea. I use mostly Solid Coconut Oil for cooking because I like the slight coconut flavor it provides. I use Almond Oil from time to time where the flavor of coconut might not be appropriate or desired.

### WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.