

QUICK REFERENCE SHEET

AVOCADO, REFINED

Persea gratissima



Extraction Method:
Cold Pressed, Refined



Part Utilized:
Fruit

CONSISTENCY:

medium weight, refined has a very light color

AROMATIC CONSIDERATIONS:

Refined Avocado Oil has a slight nutty aroma.

APPLICATION:

Avocado Oil is quite light and absorbs reasonably quickly so is sometimes used by itself on particularly damaged skin patches. Generally, however, it is used as a percentage in carrier oil mixtures.

GENERAL INFORMATION:

Avocado Oil is a rich oil that penetrates deeply into the skin. It is rich in vitamins A, D, and E, all wonderful skin nourishing vitamins. Like all good carrier oils, Avocado contains oleic and linoleic acids. 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.

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.