

QUICK REFERENCE SHEET

GRAPESEED, REFINED

Vitis vinifera



Extraction Method:
Solvent, Refined



Part Utilized:
Seeds

CONSISTENCY:

medium weight, Refined Grapeseed Oil is a pale yellow

AROMATIC CONSIDERATIONS:

Refined Grapeseed Oil has a very light aroma

APPLICATION:

Can be used 100% by itself.

GENERAL INFORMATION:

Grapeseed Oil is another excellent choice as a carrier oil. Grapeseed, like Almond, 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. Grapeseed is emollient enough to be beneficial for the treatment of minor sunburns and rashes.

Of course, adding an essential oil or two greatly increases the benefits. The one drawback, as far as I am concerned, with Grapeseed Oil is that it absorbs quite a bit more slowly than Almond Oil.

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.