

## QUICK REFERENCE SHEET

# HEMP SEED

*Cannabis sativa*



Extraction Method:  
Cold Pressed



Part Utilized:  
Seeds

### CONSISTENCY:

medium weight

### AROMATIC CONSIDERATIONS:

light aroma

### APPLICATION:

Hemp seed oil absorbs into the skin at an average speed. It can be used as the carrier oil of choice when applying essential oils for any condition of the skin and even the scalp.

### GENERAL INFORMATION:

Hemp Seed Carrier Oil comes from the *Cannabis sativa* (Industrial Hemp) plant seed. Tests have shown that there are little to no cannabinoids present in the seeds of the hemp plant. Hemp Seed Oil is regulated in its production and does not contain either CBD or THC.

Hemp seed oil is the carrier oil with the highest percentage of essential fatty acids (EFA). It is comprised of between 75% and 80% of total EFAs. Likewise, hemp seed carrier oil is also high in omega 3's. The component in carrier oils which make them emollient and lubricating, polyunsaturated fatty acids (PUFA), is also very high in hemp seed oil. Hemp seed oil is one of nature's richest sources of PUFAs. PUFAs account for the lubricating and emollient properties of carrier oils, keeping the skin soft and supple while increasing the moisture retention of the skin. This combination of EFA and PUFAs makes hemp seed oil helpful for conditions such as dry, rough skin, minor skin abrasions, acne, eczema and psoriasis. Hemp seed oil is high in vitamin E which is a natural anti-oxidant. It helps to trap and remove excess free radicals that cause damage and lead to premature aging of the skin.

### 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.