

## QUICK REFERENCE SHEET

# OLIVE

*Olea europaea*



Extraction Method:  
Cold Pressed, Unrefined



Part Utilized:  
Fruit

### CONSISTENCY:

heavy weight, green/yellow color, can go semi solid when cold

### AROMATIC CONSIDERATIONS:

light aroma

### APPLICATION:

Can be used 100% by itself.

### GENERAL INFORMATION:

Olive Oil has some outstanding properties when applied to the skin. One exceptional quality is that it attracts external moisture to the skin while still permitting the skin to release toxins through sweat. Olive Oil is soothing to inflamed skin, encourages the shedding of dead skin cells, and releases sebum from the skin. The drawback to Olive Oil is that it is quite heavy and absorbs less readily into the skin. When used as a carrier oil, several minutes must be allowed to pass before clothing can be placed back on the body. Olive Oil is also more difficult to remove from clothing and bedding than some of the lighter carrier oils.

### 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.