QUICK REFERENCE SHEET

PALM MCT

Elaeis guineensis

Extraction Method:
Cold Pressed, Fractionated

Part Utilized:
Kernel

CONSISTENCY:
light weight, clear color

AROMATIC CONSIDERATIONS:
little to no aroma

APPLICATION:
Can be used 100% by itself and mixes great with other carrier oils.

GENERAL INFORMATION:
Fractionated Palm Oil is very similar to Fractionated Coconut Oil. Both of these oils are inexpensive, absorb quickly, have almost no aroma at all, and have a very long shelf life at room temperature without rancidity. These carrier oils do not go rancid, even in the summer months! Other advantages of Fractionated Palm and Coconut Oils include: odorless and colorless; absorb readily into the skin, leaving no residue, do not stain clothing, and easily wash out of clothing and bedding; although absorbing very quickly, liquid Coconut Oil and Palm Oil are excellent skin moisturizers, rarely aggravate existing skin problems such as fungal or bacterial infections; do not clog pores. Palm Oil is even less expensive than Fractionated Coconut Oil, and for topical use Palm Oil is a great choice. If you are using one of these oils internally for the MCTs, Coconut Oil is said to be slightly healthier.

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