

## QUICK REFERENCE SHEET

# SAFFLOWER

*Carthamus tinctorius*



Extraction Method:  
Expeller Pressed, Refined



Part Utilized:  
Seeds



### CONSISTENCY:

light weight, pale yellow color, absorbs rapidly

### AROMATIC CONSIDERATIONS:

odorless

### APPLICATION:

Can be used all by itself, 100%.

### GENERAL INFORMATION:

Safflower is very moisturizing to the skin and won't clog pores. It has been used for acne, eczema, hair care, and nail care. Safflower is high in Oleic acid which helps to calm skin irritations, rashes, and reduce flakiness. It has anti-inflammatory properties and is said to be pain relieving. Safflower is popular for use in massage due to its fast absorption, neutral odor, and the ease with which it washes out of sheets and clothing. It is suitable for all skin types. Safflower carrier oil has been used to improve hair growth and to treat dry or damaged hair.

### 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.