

## QUICK REFERENCE SHEET

# SUNFLOWER

*Helianthus annuus*



Extraction Method:  
Cold Pressed, Refined



Part Utilized:  
Seeds



### CONSISTENCY:

medium weight, light color

### AROMATIC CONSIDERATIONS:

light aroma

### APPLICATION:

Best as part of a blend with other carrier oils.

### GENERAL INFORMATION:

Sunflower Carrier oil contains linoleic acid, oleic acid, lecithin, carotenoids and has a high vitamin E content. High Oleic Sunflower Oil has at least 82% oleic acid, giving it greater properties and a longer shelf life. Sunflower Oil restores proper moisture balance in the skin, whether the problem is dryness or excessive oiliness, while providing a protective barrier that resists infection, especially in premature infants. Sunflower Oil is reported to be helpful for bruises and leg ulcers. This oil is a little heavy and rarely used by itself; best used as a small percentage of a carrier oil composite blend.

### 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.