

## QUICK REFERENCE SHEET

# VITAMIN E REFINED

*Triticum vulgare*



Extraction Method:  
Solvent, Refined



Part Utilized:  
Kernel

### CONSISTENCY:

heavy weight, Refined Vitamin E Oil is a pale yellow

### AROMATIC CONSIDERATIONS:

very light aroma

### APPLICATION:

Can be used 100% by itself.

### GENERAL INFORMATION:

Vitamin E Oil, especially the virgin unrefined one, is a very sensitive oil that tends to degrade if not stored with extreme care. Vitamin E Oil should be kept refrigerated and certainly not exposed to extreme temperatures. Vitamin E Oil is the richest source of vitamin E that can be obtained from a vegetable oil. Vitamin E Oil also contains high amounts of vitamin A and vitamin D and is rich in protein and lecithin. These constituents make Vitamin E Oil popular for external application for any type of skin problem. It also works effectively as a carrier oil to help heal burns, skin ulcers, psoriasis and eczema. Vitamin E Oil is beneficial for the general health of the skin as it improves the circulation of blood in the skin. It also helps the skin cells that may have been damaged due to the sun. Vitamin E Oil helps with conditions like dermatitis and scarring. Vitamin E Oil is known for its high level of antioxidant properties. Vitamin E Oil is also called Wheat Germ Oil.

### 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.