

## **Carrier Oils or Fixed Oils**

Carrier oils or Fixed oils are a necessary foundation for any application involving Essential Oils, from massage blends to ointments. Vegetable based carrier oils have their own unique therapeutic values to which they add to the overall use. Obtained from plant flesh, kernels, to seeds and nuts and should always be cold-pressed natural, organic and unrefined. The use of solvents in a carrier oil extraction only means these toxic solvents are absorbed into your bloodstream via the skin. Never use Canola, lard or other vegetable oils found in your local supermarket. These oils are not suitable for blending essential oils with or for your skin. They are highly refined and altered.

Cold-pressed vegetable oils contain essential fatty acids, numerous vitamins including A, D, E and GLA. These nourishing oils can help to not only reduce cholesterol levels, but can strengthen cell membranes, slow down wrinkles and aid in the fight against free radicals. Each possesses skin nourishing qualities which we will discuss later in this session.

Many refined fixed oils have been extracted with chemical solvents, bleached to remove their natural color. Due to the solvents used these manufacturers will then add in artificial vitamins to replace the ones lost during extraction. Guidelines for natural and organic labeling are vague to say the least, unless a product has the Certified Organic seal. Manufacturers can add anything they like as long as there is some natural component. Buying Certified Organic cold-pressed fixed carrier oils assures you that you are buying a product that is pure and free of chemicals, pesticides, herbicides, chemical fertilizers and GMO's.

Due to the fact that natural unrefined fixed oils can turn rancid and oxidize it is best to keep them in a cool dark place or refrigerated. For this reason buy in small quantities, especially when it comes to more specialized carrier oils like wheat germ. These oils are generally used in combination with other fixed carrier oils and in smaller percentages. Later in this session we will be profiling carrier oils, you will learn which ones are heavier and require smaller amounts. As you begin to create blends for massage, skin care or ointments knowing the stability of your carrier oils will prevent loss of costly and precious essential oils not to mention carrier oils.

## **Mineral Oil – Do Not Use In Massage Blends**



Never use Mineral oil or Petroleum!!!! These are not suitable for the human body or any blend you create, mineral oil comes from crude oil and is toxic to the system. Mineral oil can leach Vitamins A, D, E, K, & F from your body when absorbed and metabolized. These can cause skin reactions, clogged pores and increase the chance of a rash developing.

Many natural products today like Aveeno use petrolatum in their lotions and skin care line even though you can find this name brand in Health food stores. The use of mineral oil or petrolatum is a cheap inexpensive alternative to a healthier carrier oil. Mineral oils it the main ingredient in baby oil and lotions.

Let's look at some of the toxic effects of application of Mineral oil. Birth defects in children, testicular cancer in newborns, internal consumptions causes brain embolism and loss of vision just to name a few. With repeated contact to the skin the American Conference of Hygienists reports that it causes cancer. It is classified as carcinogenic and tumorogenic. The American Society of Pharmacists reports mineral oil coats the mucus of the small intestines and reduces absorption of vitamins. It is know as the common name Mineral Oil, Petrolatum, petroleum, propylene glycol with each being refined down from crude oil. Please read your labels and never use Mineral oil in you products to save money, in the long run you save nothing. Your health and the health of loved ones is the single most important factor for you consider.

## Carrier Oil Profiles

### Sweet Almond



Botanical Name: Prunus amygdalus var. dulcis

Extraction: Expressed from seeds

Aroma: Faint

Color: Pale Yellow

Viscosity: Light to moderately viscous

Absorption: Oily, leaves a residue

Constituents: Mainly oleic acid. Vitamins A, B1, B2, B6, D, E, rich in proteins,

high percentage of mono & polyunsaturated fatty acids.

Uses Nourishing and demulcent. Nearest to oil found naturally in

skin. Blending

Essential oils, base for personal care, lotions, excellent for cradle cap, eye wrinkles. Can use alone.

Storage: Cool temperature away from light. Stable when cold-pressed.

### Aloe Vera Oil – Not Gel



Botanical Name: Aloe barbadensis

Extraction: Pressed leaf

Aroma: Light

Color: Clear green

Viscosity: Light consistency up to 20% in a blend

Absorption: Absorbs quickly. No Residue

Constituents: Fatty Acid Esters

Uses: Lightens blends. Softens skin and helps to reduce irritation and dryness

Storage: Cool temperature away from light

Note: Do not confuse Aloe Vera Oil with Aloe Vera Gel.

## **Avocado Oil**



Botanical Name: Persea gratissima

Extraction: Expression of dried fruit

Aroma: Earthy and Green

Color: Olive to Pale green – Bleached is clear

Viscosity: Thick

Absorption: Highly penetrating. Leaves a sheen on the skin.

Constituents: High in oleic acid. High Vitamin content

Uses: Excellent moisturizer, eczema. Use 25% of blend

Storage: Keep cool. Refrigeration creates cloudiness but will clear at room temperature.

## **Apricot Oil**



Botanical Name: P. armeniaca or peach – Prunus persica

Extraction: Expressed from kernel of apricot or peach

Aroma: Odorless

Viscosity: Heavier than sweet almond

Absorption: Greasy but no residue

Constituents: High in polyunsaturated fatty acids making it unstable

Uses: In place of sweet almond oil. High vitamins and mineral content.

Mainly A & C.

Tonic to skin and hair. Can use alone. Excellent for skin preparations.

Storage: Cool temperature. Keep away from light. Unstable for long periods.

## **Borage Oil**



Botanical Name: Borago officinalis

Extraction: Pressed from seed.

Aroma: Fatty note

Color: Pale Yellow

Viscosity: Thin and oily. Use 5% of blend

Absorption: Rapid. No Residue.

Constituents: High in EFA's and GLA's.

Uses: Skin rejuvenation, cardio vascular, PMS, aging, dermatitis, eczema, psoriasis

Storage: Cool temperature. Away from light.

## **Camellia Oil**



Botanical Name: Camellia japonica

Extraction: Fixed oil expressed from seeds.

Aroma: None

Viscosity: Light

Absorption: Easily absorbed. No Residue. Use 25% of blend

Uses: Nourishing to facial blends.

Storage: Cool temperature away from light.

Note: Camellia oil has the ability to block ultraviolet light so it is wonderful to use before sunbathing. It is very nourishing to the scalp and hair when applied to damp hair. It provides excellent moisturizing properties when applied to the skin. Very mild making it wonderful for the eye area and as an after shave oil.

## **Coconut Oil**



Botanical Name: Cocos nucifera

Extraction: From endosperm of coconut

Aroma: Slightly nutty to none

Color: White and waxy

Viscosity: Thick and semi-solid. Melts with contact on the skin.

Absorption: Greasy

Constituents: High in saturated fatty acids.

Uses: Great for a base in ointments and hair care products. Used in cold processed soap making due to it's ability to lather. Can be drying to skin. Food Grade is excellent for cooking. Many healthy benefits when used in place of less desirable fats.

Storage: Rancid if exposed to air. Keep cool and away from light. Stays solid when cold. Fractionated coconut oil has been refined and has an indefinite shelf life and is easily absorbed. Many massage therapist are now using Fractionated coconut oil.

## **Evening Primrose Oil**



Botanical Name: Oenothera biennis

Extraction: From seeds using low heat

Aroma: Sweet

Color: Yellow

Viscosity: Moderately viscous.. Sticky 5-10% dilution

Constituents: High in GLA. 5000 seeds per capsules. Rich in omega 6 fatty acids.

Uses: Aging, sun damage, problem skin, wounds. PMS, menopause, breasts. Skin issues

acne, eczema, psoriasis. Soften and hydrate skin. Can be added to lotions & creams. Dry and mature skin. Not to be used for a carrier in Essential oil blends.

Storage: Unstable. Store under 40 degrees in fridge.

## **Grapeseed Oil**



Botanical Name: Vitus vinifera

Extraction: by product of wine making solvent extracted

Aroma: Light

Color: Clear

Viscosity: Very Light

Absorption: Rapidly. Does leave an oily residue

Constituents: +50% Vitamin F. Primarily polyunsaturated

Uses: Oily skin , acne skin, massage blends, combination skin.  
Excellent oil for cooking.

Can even out skin tone. Excellent for facial massage.

Storage: Stores up to 6 months if kept away from light and heat.

## **Hazelnut Oil**



Botanical Name: Corylus avellana

Extraction: Cold pressed from nuts

Aroma: Light and nutty

Color: Clear to light brown

Viscosity: Light

Absorption: Rapidly.

Constituents: Oleic acid, mono-unsaturated, vitamins,  
minerals, protein

Uses: Oily and combination skin, astringent properties, tones firms and tightens skin,  
strengthens capillaries, aids circulation, cell regeneration, blocks ultraviolet rays.

Storage: Keeps well when stored away from light and heat.

## **Jojoba Oil**



Botanical Name: Simmondsia chinensis

Extraction: Pressed from seeds (Technically a liquid wax)

Aroma: Light not overpowering

Color: Golden Yellow. Colorless has been bleached.

Viscosity: Slightly thick. Absorbs rapidly. Non-irritant. Similar to human sebum.

Does not clog pores and is non-allergenic.

Absorption: Rapidly. Leaves barrier making it excellent for diaper rash. Non-greasy.

Constituents: 70% fatty acids. No Glycerin. Contains protein and minerals. Waxy substance mimics collagen. Anti-

inflammatory, anti-bacterial. Does not contain triglycerides and will not turn rancid.

Uses: All skin types. Eye oil. Diaper rash, rashes, hives, skin abrasions, anti-oxidant, protects from free radicals, it is said that bacteria and fungus cannot survive in the presence of jojoba oil. Control Mold and Mildew. Staple in any handcrafted blends or products. Go to Carrier oil.

Storage: Very stable. Does not go rancid. Extended shelf life. Becomes solid at 46 degrees

## **Kukui Nut Oil**



Botanical Name: Aleurites moluccana

Extraction: Expressed from nut. Hawaiian

Aroma: Slight

Color: Pale amber to clear

Viscosity: Very light

Absorption: Rapidly. No greasy feel. Use up to 50% in a blend

Constituents: High in polyunsaturated fats. Vitamin A & E.

Uses: Prevents moisture loss, eczema, psoriasis, acne. Skin restorer and revitalizes. Excellent for damaged dry hair. Add it last after the heat portion of handcrafted skin lotions and creams. Great for massage oils. Good for dandruff and dry scalp. Skin softening when added to bath water.

Storage: Will keep up to 2 years if stored below 68 degrees and away from sun & light.

## Macadamia Oil



Botanical Name: Macadamia tetraphylla

Extraction: Expressed from nut. Australia

Aroma: Medicinal

Color: Straw

Viscosity: Thick

Absorption: Slow. Oily residue. 5-10% of blend

Constituents: Mono-unsaturated – 16-25% palmitoleic acid.

Uses: Body oils, massage oils, softens and restores luster to skin, dry and mature skin,

Strengthens skin, anti-inflammatory, dull coarse hair, helps with wrinkles and fine lines, protects skin from sun damage, wounds, scars, skin problems. Lowers cholesterol.

Antioxidant against free radicals.

Storage: Stable with a 2 year shelf life kept away from heat and sunlight.

## Olive Oil



Botanical Name: Oleo europaea

Extraction: Expressed from ripe fruit

Aroma: Dominant olive

Color: Pale Yellow to greenish

Viscosity: Thick. 10% dilution in a blend

Absorption: Very greasy and heavy

Constituents: Glycocides, unsaturated fatty acids.

Uses: Soothing to skin, rough dry patches, ointments, herbal massage, infused oils, inflammation, arthritis, healing to dry

skin. Too heavy and greasy to be used as the main oil in a massage blend. The aroma can overpower other scents in the blend.

Storage: Very stable for up to 1 year otherwise store refrigerated. Pure unadulterated Olive oil will become solid after a few days, it will return to liquid if left at room temperature.

## **Rosehip Seed Oil**



Botanical Name: Rosa Rubiginosa (Rosa Mosqueta)

Extraction: Solvent from rosehip seeds

Aroma: Woodsy

Color: Clear to reddish brown

Viscosity: Thin. No residue

Absorption: Readily. 10 – 20% in a blend

Constituents: High in GLA and Vitamin C, linoleic & linolenic acid.

Uses: Stretch marks, regenerates skin, scars, burns, tissue regeneration, radiation treatments, UV damage, dry hair, age spots, hyper-pigmentation, age spots, wrinkles, anti-aging, can

be used straight as a moisturizer, added to creams and lotions, facial oils, massage oils, sensitive skin, prevents skin damage, heals damaged skin, nails, crows feet, eye area.

Excellent when combined with essential oils for facial moisturizing serum oils.

Storage: Unstable is left out, best stored refrigerated.

## **Sesame Seed**



Botanical Name: Sesamum indicum

Extraction: Expression of the ripe seeds

Aroma: Sesame aroma

Color: Pale Yellow

Viscosity: Similar to sweet almond

Absorption: Easily leaves an oily film

Constituents: High in oleic & linoleic acid, lecithin and high in Vitamin E

Uses: Cell regeneration, dry skin, eczema, psoriasis, rheumatism, natural skin cleanser, antioxidant, anti-bacterial, head lice, natural UV protector, burns, dandruff, radiation treatment, joints, cuts, large pores, tightening facial skin, improves circulation, repairs damaged skin, helps detoxify skin, fine lines, wrinkles, acne, skin eruptions, diaper rash, athlete's foot, anti-viral.

Storage: Contains natural preservative known as sesmoline. Cool storage away from heat and light.

## **Sunflower Oil**



Botanical Name: Helianthus annuus

Extraction: Expressed from seeds.

Aroma: Slight

Color: Pale Yellow

Viscosity: Light

Absorption: Readily

Constituents: High in linoleic acid, vitamins A, B, D, E

Uses: External ulcers, hemorrhoids, leg ulcers, dermatitis, bruises, all skin types, eczema, anti-oxidant, UVA protector, scars, wrinkles, stretch marks, babies skin, premature aging, acne prone, inflamed, dry damaged skin, emollient, used by adding to other carrier oils.

Storage: Cool temperature under 40 degrees away from light and heat. Shelf life 1 year.

## **Wheatgerm Oil**



Botanical Name: Triticum aestivum

Extraction: Expression or solvent from embryos of wheat

Color: Orange to Yellow

Viscosity: Thick and heavy

Absorption: Slow. 2-3% of blend

Constituents: Valuable source of Vitamin E & A

Uses: Cell regeneration, dry skin, keeps skin soft & supple, speeds healing of cuts & wounds, prevents or reduces scar tissue, antioxidant, eczema, psoriasis, aging skin, stretch marks, dull complexions, sunburns, burns, nourishing to the hair, circulation.

Storage: Contains it's own antioxidants of E & A. Cool place away from light

Cautions: Avoid with individuals with Celiac disease or wheat sensitivities.

## **Assignment/Experiment**

Choose 2 Carrier oils for a massage blend, either body or face. Choose essential oils based on what you have learned so far. Ask a friend or family member to be your subject. Take notes of the amount of carrier oil and essential oils used. Remember that Essential oils are used at a 3% dilution rate when making a massage blend. Note the aroma and feel of your blend. Is it slightly greasy or not, does it absorb well. What are the results 30 minutes after application. You can use this as a facial massage or just apply it to the hands and feet. Make sure when creating this blend to determine any allergies to your carrier oils and be sure to patch test your Essential oils. Most of all enjoy the experience, take your time and have fun.

## **Important Note To Remember**

Essential oils can by far outlast carrier oils due to the fatty acid content in carrier oils. When you look at the carrier oils be sure to choose your carrier based on length of time you will be keeping it and using it. If it is a massage blend to be used within a short period of time you can then use more unstable carrier oils.

When blending a carrier oil with an Essential oil other than for immediate massage purposes, I would suggest using a more stable carrier oil. You don't want the carrier to become rancid after mixing precious essential oils in it. Since some carrier oils can go rancid, I highly recommend blending your essential oils and storing them in a 15 ml. Bottle. Label them and keep track of the essential oils used and the amount. This way you have your blend ready to mix with a carrier when needed, avoiding the risk of the carrier becoming rancid. It is recommended to add 10-15 drops essential oils per 2 Tablespoons carrier oil. Bath oil blends are 10 drops to 1 Tablespoon.

Before you begin creating blends for others it is important to know if there are any known allergies to nuts or wheat, medical conditions or if the individual is using homeopathic remedies. All of these will determine which essential oil and carrier oil to use in your blend. Be aware of contact dermatitis, this can be caused by a compound in an essential oil, it may occur on first application or it may not show up for several hours or days. Although rare, some individuals can develop a sensitization to an essential oil. This is usually due to repeated prolonged use of a single oil. The results are: wheezing, itching, swelling, rash.

### **Added Essential Oil Information**

Below you will find several lists of Essential Oils to avoid in certain situations.

#### **Avoid with Homeopathic Remedies**

- Black Pepper
- Cajeput
- Camphor
- Cinnamon
- Clove bud & leaf Eucalyptus
- Peppermint
- Rosemary
- Spearmint

#### **Produce a Narcotic Effect**

- Anise
- Wormwood
- Clary Sage
- Hyssop
- Mugwort
- Nutmeg
- Parsley
- Pennyroyal
- Thuja

#### **Avoid longer than 4 weeks**

- Black Pepper
- V. Cedarwood
- Juniper
- Parsley
- Sandalwood
- Turpentine

**AVOID WITH PREGNANCY**

BAY	YLANG YLANG	WINTERGREEN
CAMPHOR	ANISE	BASIL
CHAMOMILE 1 <sup>st</sup>	BIRCH	BLACK PEPPER
CLARY SAGE	CEDARWOOD	CELERY
ELECAMPANE	CINNAMON	CITRONELLA
GARLIC	CLOVE	CYPRESS
HYSSOP	ELEMI	FENNEL
GINGER	GERANIUM 1 <sup>st</sup>	LEMON BALM
MYRRH	IMOMORTELE	JUNIPER
PARSLEY SEED	MARJORAM	OREGANO
PINE	NUTMEG	PEPPERMINT 1 <sup>st</sup>
RUE	ROSEMARY 1 <sup>st</sup>	PENNYROYAL
TANSY	ROSE 1 <sup>st</sup>	SASSAFRAS
SAGE	THYME	TEA TREE
MUGWORT	WORMWOOD	THUJA

**1<sup>st</sup> Denotes 1<sup>st</sup> trimester of pregnancy.**

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 3 – QUESTIONS/ANSWERS

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail it back to us at [sacredeartharomatics@hotmail.com](mailto:sacredeartharomatics@hotmail.com). We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) Why would you use only Cold-Pressed Carrier Oils?
  
- 2.) What is the best way to store Carrier Oils? Why?
  
- 3.) What Vitamins are destroyed when using Mineral Oil?
  
- 4.) Which Carrier Oil is considered more of a wax than an oil?
  
- 5.) Name 3 Essential oils to avoid with Homeopathic remedies.
  
- 6.) Name 2 Essential oils you would use for a short period of time, no longer than 4 weeks.
  
- 7.) Which Carrier oil is greasy and used mainly for ointments & soap?
  
- 8.) Describe the blend you created. What Essential oils did you use? Why? What carrier oils did you use? Why? What were your results?