

Carrier Oil Quick Reference Sheet

Carrier Oil	Color	Odor	Viscosity/ Feel/ Absorption	Extraction Method	Comedogenic Rating	Benefits	Shelf Life
Almond, Sweet (Prunus dulcis)	Clear Very Light Yellow Tint	Light Sweet Nutty	Medium Slow Absorption Non-Greasy	Refined Cold Pressed	2 Moderately Low	Topical Use: <ul style="list-style-type: none"> • Vitamins: A (high), E, Magnesium, Zinc • Hypoallergenic & Baby Mild • Deep Cleansing. • Eczema & Psoriasis • Anti-Aging • Hair Loss • Promotes Hair & Nail growth 	12 Months
Apricot Kernal (Prunus armeniaca)	Clear Very Light Yellow Tint	Light	Medium Fast Absorption Non-Greasy	Unrefined Cold- Pressed	2 Moderately Low	Topical Use: <ul style="list-style-type: none"> • Anti-Inflammatory • Antibacterial • Antiseptic • Antioxidant • Emollient • Anti-aging • Sensitive skin • Astringent & Toning • Improves Skin & Hair Quality 	12 Months
Argan (Argania spinosa)	Golden	Nutty Fatty	Non-Greasy	Unrefined Cold Pressed	0 Non- Comedogenic	Topical Use: <ul style="list-style-type: none"> • Vitamins: E (high) • Rejuvenative • Protective • Anti-Aging • Toning & Astringent • Emollient • Anti-Pruritic • Increases Oxygenation 	About 2 Years
Avocado (Persea Americana)	Deep Olive Green	Sweet Fatty Nutty	Thick Slow Absorption	Refined Cold Pressed	2 Moderately Low	Food & Topical Use: <ul style="list-style-type: none"> • Vitamins: A, B1, B2, B5, E (high) • Anti-aging • Anti-Inflammatory • Anti-Pruritic • Eczema & Psoriasis • Hair & Scalp Health • Dry, Cracked Skin • Wrinkles • Sun damage 	12 Months
Castor (Ricinus communis)	Light Yellow	Odorless	Thick Very Fast Absorption	Refined Expeller Pressed	1 Low	Topical Use ONLY: <ul style="list-style-type: none"> • Rheumatism • Menstrual Cramps • Reduces Hair Loss • Germicidal • Disinfectant • Soluble in pure alcohol 	12 Months
Coconut (FCO) (Cocos nucifera)	Clear (Liquid)	Odorless	Light Dry Non-Greasy Absorbs Quickly	Hydrolyzed Cold Pressed	4 Fairly High	Topical Use: <ul style="list-style-type: none"> • 100% medium – chain fatty acids • Antioxidant • Disinfectant • Ideal for Aromatherapy 	5+ Years
Coconut (Solid) (Cocos nucifera)	White (Solid)	Sweet Nutty	Solid Non-Greasy Absorbs Quickly	Refined Cold Pressed	4 Fairly High	Food & Topical Use: <ul style="list-style-type: none"> • Vitamins: E, Lauric Acid • Germicidal • Antimicrobial • Protects & Nourishes skin & hair • Natural SPF • Moisturizing • Anti-Inflammatory 	2 – 5 Years
Grape Seed (Vitis vinifera)	Very Light Yellow/Green	Light Nutty Sweet	Thin Fast Absorption Non-Greasy	Solvent Expressed	2 Moderately Low	Food & Topical Use: <ul style="list-style-type: none"> • Vitamin E, Omega 3, 6, 9 • Flavonoids (high) • Antioxidant • Anti-Inflammatory • Emollient • Anti-Aging • Anti-Inflammatory (Swelling) • Astringent & Toning • High Extraction Properties • Useful for herbal infusions 	12 Months

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Hemp Seed (<i>Cannabis sativa</i>)	Light Medium Green	Faint Slightly Nutty	Medium Medium Absorption	Unrefined (Virgin) Filtered Cold Pressed	0 Non- Comedogenic	Food & Topical Use: <ul style="list-style-type: none"> • Vitamins: Omega 3 & 6, DHA • Antioxidant • Anti-Inflammatory • Emollient • Anti-Aging <ul style="list-style-type: none"> • Anti-Pruritic • Astringent & Toning • Eczema, Psoriasis • Acne • Protects skin from free radicals 	12 Months
Jobba (<i>Simmondsia chinensis</i>)	Golden Yellow	Light- Medium Mild	Liquid Wax Medium Absorption	Unrefined Cold Pressed	2 Moderately Low	Topical Use ONLY: <ul style="list-style-type: none"> • Vitamins" E, B-Complex, Silicon, Chromium, Copper, Zinc, Iodine, Fatty Acids • Great for scalp & skin – similar to skin sebum • Combine w/ Beeswax for petroleum substitute. <ul style="list-style-type: none"> • Controls oily skin. • Emollient • Anti-Inflammatory • Acne control • Dry lips, Hands, Cuticles, Feet • Controls Hair loss & Dandruff • Conditions Dry Hair 	5+ Years
Olive (<i>Olea europaea</i>)	Light - Medium Green	Medium/ Like Olives	Thick Greasy Slow Absorption	Cold Pressed	2 Moderately Low	Food & Topical Use: <ul style="list-style-type: none"> • Vitamins: E & K, Antioxidants • Omegas 3, 6, & 9 • Emollient • Anti-Inflammatory • Anti-fungal <ul style="list-style-type: none"> • Rejuvenative • Eczema & Psoriasis • Cradle Cap • Nourishing to Hair, Skin, Nails, Cuticles 	2 Years
Rosehip Seed (<i>Rosa spp.</i>)	Gold to Red-Orange	Light Woody Earthy	Light Quick Absorption	Cold Pressed	1 Low	Topical Use: <ul style="list-style-type: none"> • Vitamins: A, C, Fatty Acids • Sun damage • Hyperpigmentation • Wrinkles • Acne <ul style="list-style-type: none"> • Scars & stretch marks • Antioxidant • Stress Reduction • Anti-Inflammatory • Anti-Aging 	6 Months
Sesame (Raw, Not Toasted) (<i>Sesamum indicum</i>)	Pale Yellow	Faint Sweet Nutty	Medium Thick Oily Slow Absorption	Unrefined Expeller Pressed	2 Moderately Low	Food & Topical Use: <ul style="list-style-type: none"> • Hair Health (Hair loss, darkens hair) • Anti-Inflammatory • Reduces appearance of age spots <ul style="list-style-type: none"> • Addresses (Osteoporosis, Anxiety, Depression, Atherosclerosis, Heart attacks, Stroke) • Fungicidal • Dental Health (Traditional Oil pulling) 	12 Months
Sunflower (<i>Helianthus annus</i>)	Mostly Clear with Yellow Tint	Faint Sweet	Thin Non-Greasy Slow Absorption	Cold Pressed	2 Moderately Low	Food & Topical Use: <ul style="list-style-type: none"> • Vitamin E • Omega 3's • Antioxidants • Scar reduction <ul style="list-style-type: none"> • Quicker wound healing • Anti-Inflammatory • Ideal for herbal Infusions 	12 Months