

THE COURSE TO CREATIVELY LEARN HOW TO USE, FORMULATE  
WITH AND HARNESS THE HEALING PROPERTIES OF PLANT OILS.

# WILDLY NATURAL SKIN CARE OILS



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*Wildly Natural Skin Care Oils and Wildly Natural Skin Care*

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## APRICOT KERNEL OIL

*PRUNUS ARMENIACA*

**How extracted/part from:** pressed from kernels

**Energetics:** moist, light and warm

**Fatty acid composition:** 64.2 oleic, 28.3 linoleic, 5 palmitic, 1 stearic

**Percentage to use:** up to 100%

**Blends well with:** most other oils

**Best for:** babies, elderly, sensitive, inflamed, irritated, dry and general use

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### Uses and Properties

Apricot kernel oil is sweet, light, thin and somewhat moist. The kernel of apricot is pressed to extract its orange, amber-colored oil. Apricot kernel oil has a higher amount of oleic acids than olive oil, yet a lower amount of palmitic acids. This indicates that apricot kernel oil absorbs more easily than olive and that it is also moister in nature. It is warming as well, making it an Air oil.

All of these qualities make it wonderful as a body and face oil, especially for babies and the elderly who may be more prone to dry skin. I have used apricot kernel oil quite a bit in baby products, as the scent is pleasant on its own and essential oils are not recommended in baby products.

It is a gentle, general emollient with high levels of vitamins A, C and E. Apricot kernel oil is also rich in antioxidants like many of the carrier oils and so is great for helping the skin deal with pollution and stress. In Chinese medicine, apricot kernel oil is used for treating inflammatory disorders.

Apricot kernel oil has a distinctive, sweet scent so keep this in mind as it is hard to cover up with essential oils. It is a great oil for creams, massage, lip balms and on its own. It makes a delicate facial oil as well, leaving the skin soft and dewy.

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## CASTOR OIL

*RICINUS COMMUNIS*

**How extracted/part from:** cold pressing beans (seeds) of the castor plant; black is made by first roasting the seeds and then pressing.

**Energetics:** moist, heavy, neutral

**Fatty acid composition:** 87.74 ricinoleic, 4.32 linoleic, 3.93 oleic

**Percentage to use:** up to 100% (medicinal packs), up to 20% (base blend), up to 50% (lip balm)

**Blends well with:** light oils.

**Best for:** medicinal applications, lip balms, hair

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### Uses and Properties

Castor oil has been used medicinally and cosmetically for thousands of years including by the Ancient Egyptians and Greeks. The plant is native to India and naturalized in tropical and subtropical regions where it grows to be a tree. In temperate zones it is grown as an annual. *Ricinus* seeds grow wild in the Nile Valley and have been used since times immemorial. In the Ebers Papyrus there is a whole section that deals with castor oil uses and virtues. The world famous Castor Oil is also known as Caster Oil, Himashiyu (Japanese), Palma Christi, Eranda, Pancangulah (Sanskrit), Kiki, and Kastorka (Russian). *Ricinus communis* is a member of the Euphorbiacea family.

Pure unrefined castor oil is clear to slightly yellow. There is also black castor oil, which is produced by first roasting the beans and then pressing. This is the oil in the photo above.

Castor oil is the only substance in which ricinoleic acid occurs. Glycerine is a moisturizer and humectant (meaning it retains moisture). Ricinoleic acid is an anti-inflammatory, antibacterial and antifungal compound. We know that hydration is a main key to maintaining youthful, smooth and clear skin. So castor oil works on many levels; it deals with any infected skin while allowing skin to remain hydrated. The texture of castor oil also adds to its healing qualities, as it is a drawing agent, able to loosen and pull impurities, dirt, dead cells, chemicals and excess sebum.

Parts of the seed and leaves are poisonous, containing ricin, a toxic albumin. Though ricinoleic acid is an irritant when used alone, with the level of glycerine present in castor oil, the irritant effect is buffered yet retains its potency.



Castor oil is highly emollient, meaning that it makes the external layers of skin more pliable and soft. Castor oil is used specifically for softening rough, dry heels, knees and elbows and additionally it penetrates patches of eczema and psoriasis with its moisturizing abilities.

Castor oil is also as a thickener in recipes, hair and nail care. It is a rich, smooth oil great for solid perfumes, lip balms and products designed to provide a protective barrier. Castor oil is the primary oil used in most creamy and glossy lip balms, as it is naturally shiny and protective to the lips. Since it dissolves in alcohol, it is often used as a perfume fixative.

Castor oil is used topically for ringworm, keratoses (non-cancerous wart-like growths), skin inflammations, abrasions, fungal-infected finger and toenails, acne and chronic itching (pruritis). Castor oil packs soothe inflammation and are the recommended way to apply castor oil for these ailments.

Other conditions that may be alleviated with use of castor oil include skin ulcers, eye irritations, wounds, abdominal stretch marks, sebaceous cysts, warts, liver and age spots (senile lentigo), local infections and infected puncture wounds. Please consult with your health care practitioner before using castor oil for more serious conditions.

Castor oil's ability to alleviate boils and swellings along with its antimicrobial and antifungal properties make it ideal for infected skin including warts, fungus, pimples and acne.

### **Castor Oil for Acne**

Castor oil's ability to loosen toxins and impurities from beneath the skin is unparalleled by any other natural oil. It draws out dirt, pollution, excess sebum and anything else that can clog the pores. This makes it the ideal cleansing oil. Additionally castor oil has antimicrobial properties which help to prevent future break-outs. There are two ways to use castor oil to combat acne:

- 1) As a cleansing oil
- 2) As a spot treatment for existing pimples

As a spot treatment, you can simply dab a small amount of pure castor oil on the pimples. This treatment is best done at night to allow ample time for the castor oil to soak into the skin.

Castor oil also alleviates boils and other swellings that may be associated with acne. It is useful for cystic acne, to help bring nodules to a head. I've mixed up green clay with castor oil and use it for boils with good success.

### **Castor Oil for Wrinkles and Aging**

Castor oil is a wrinkle preventing and rejuvenating skin treatment. It helps the skin to maintain elasticity which is responsible for keeping the complexion smooth and free of wrinkles. Proper hydration of the skin layers in combination with the emollient nature of castor oil keeps the skin moist and nourished.

Castor oil also increases circulation, and by doing this ensures that the skin cells are constantly being regenerated. This is all the more important for aging skin, as cell regeneration slows down immensely with the aging process, leading to a dull and sagging look. New skin cells create a moist, dewy complexion.

Castor oil is also well known for lightening liver and age spots, as it is a skin strengthener and returns cells back to normal. Apply castor oil 2 to 4 times per day to spots.



A face massage or the oil cleansing method, in addition to using castor oil around the sensitive eye area are recommended to keep the skin healthy and youthful. To do a face massage, massage castor oil into the skin after washing while skin is still damp and warm. Pat off excess.

### **Castor Oil for Scars**

Castor oil's ability to stimulate the lymphatic system is behind its use to heal internal and external scar tissue. By promoting lymphocyte production (lymphocytes are a type of white blood cell), the innate immunity of the body is able to work on any abnormal skin cells and break them down. This allows normal, healthy cells and tissue to again grow in the area.

So castor oil dissolves scar tissue and the body grows new skin in the area. Scars can be prevented by using castor oil on fresh wounds also!

To use, apply castor oil liberally to scarred skin. Wrap in plastic or other non-porous material and then cover with towel. Apply heat pad for quicker results.

Alternatively, castor oil can just be massaged into the skin and left as is. This method may take a bit longer to dissolve the scars, however, it is still effective.

### **Castor Oil for Hair**

Since the time of the ancient Egyptians (or possibly earlier), castor oil has been used to coat and protect the scalp from the elements, allowing the hair to grow quickly and thick. It nourishes and thickens hair roots, stimulates growth and gets rid of dandruff and dry scalp.

Castor oil works to increase hair growth in two ways:

- 1) It acts as a scalp cleanser and conditioner
- 2) It acts as a hair strengthener

Castor oil is unique because it is both a natural cleanser, reviver and a conditioner, all in one. It contains ricinoleic acid which is antimicrobial, antifungal and antiviral. Another main component of castor oil is glycerine which is a humectant meaning that it attracts and retains moisture. The viscosity and texture of castor oil creates a protective barrier over the scalp and hair while allowing the follicles to perform and "breathe". A beneficial side effect of properly cleaning the scalp with castor oil is the end of itchy scalp! These are the reasons why castor oil has been used for so long to increase hair growth, thickness, luster and softness.

In a similar manner, castor oil has been used for hair loss. It increases circulation to areas where applied on the scalp. The build-up and fatty deposits on the scalp and hair follicles are also pulled up and out of the skin, allowing the hair to grow. Similarly, castor oil is used for eyelash health. It increases the lushness of eyelashes and makes them shiny enough to leave the mascara behind. Another common use of castor oil is to keep eyebrows shapely and in place. By the same mechanism, castor oil can be used to make a pomade to keep hair in place. It creates a shiny, stiff yet pliable hair coating.

To Use Castor Oil for Hair Growth and Conditioning...

This should be applied before bedtime twice per week and washed out in the morning. Either pure or black castor oil can be used. Applied to the hair it reduces itchiness and supports growth.



Warm castor oil slightly if desired to make it a thinner consistency that is easier to apply. Pour some castor oil into palm of hand and with other hand, apply throughout the scalp, focusing particularly on parts where hair is thin. Part hair in many ways to make sure the scalp is thoroughly coated. Castor oil can also be applied to hair, focusing on tips particularly. Cover head with shower cap and leave on overnight or for at least four hours.

### **Castor Oil Hair Pomade**

A hair pomade used to keep hair in place and moisturized throughout the day. This is best for very dry hair.

#### *Ingredients:*

7 ounces Castor Oil

3 ounces Shea Butter

3 ounces Coconut Oil

2 ounces Beeswax

1 teaspoon Rosemary essential oil

½ teaspoon Lavender essential oil

¼ teaspoon Sage essential oil

#### *Directions:*

Measurements are by volume (rather than weight). Melt shea butter, coconut oil and beeswax on a double boiler over low heat. Add castor oil and warm through. Mix well, take off heat, add essential oils and mix again. Quickly pour into jars and cap. More or less beeswax can be used depending upon desired hardness of pomade. More beeswax and a harder pomade will give more hold.

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## COCONUT OIL

*COCOS NUCIFERA*

**How extracted/part from:** cold pressing from the inner flesh of the coconut.

**Energetics:** dry, light, warm

**Fatty acid composition:** 50 lauric, 20 myristic, 10 palmitic, 4 stearic, 10 oleic, 1 linoleic, 6 capric

**Percentage to use:** up to 100% (in a wide mouth jar allowing for solidification)

**Blends well with:** coconut oil blends well with light to neutral oils for a light final product and heavy oils for a thicker balm.

**Best for:** general use, babies, hair, medicinal applications, balms and salves

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### Uses and Properties

I recommend using extra virgin, organic and unrefined coconut oil for best results. It has a soft, smooth texture and the deep, distinctive scent of coconuts.

Coconut (*Cocos nucifera*) thrives in the tropics and is a traditional moisturizer for skin and hair. The oil is extracted from the inner flesh of the coconut and is produced in India, Sri Lanka, Malaysia and Indonesia.

Coconut oil is 90% saturated fat with almost half of that as lauric acid. Lauric acid can kill some bacteria and is antifungal as well, making coconut oil a wonderful antiseptic for skin conditions. Practitioners of Ayurvedic medicine and traditional healers in India use coconut oil as a base for many medicinal preparations for treating skin diseases.

The saturated fat content of coconut oil keeps it as a solid under 76 degrees F and a liquid above that. I find it best to store in an open mouth container so that I can always access it easily.





### **The properties that make coconut oil so useful are:**

- It is a “dermal penetration enhancer” meaning that it easily permeates the skin.
- A light oil with a slightly drying quality
- It is used alone and can be blended with other natural skin care oils and essential oils, used in creams, salves and hair and lip balms.
- Contains antiseptic properties

### **For What Skin Conditions is Coconut Oil Used?**

- 1) Coconut oil is an effective burn wound healing agent, allowing for faster healing without complications. It is both an anti-inflammatory and antiseptic.
- 2) It is one of the most effective oils for acne, as a cleansing oil or moisturizer.
- 3) Coconut oil has been shown to treat Atopic Dermatitis, including infected dermatitis, with a reduction in activity of bacteria, fungi and viruses, including Staphylococcus aureus. For this purpose, apply two times per day for 4 weeks to affected area.
- 4) Prevents free radical formation, promotes healing and gives youthful, soft, healthy appearance to the skin. As a general moisturizer, use coconut oil alone. Apply a small amount and dab off excess.
- 5) Can prevent age spots, wrinkles, and other age blemishes
- 6) Soothes wounds, rashes, warts and athlete’s foot
- 7) Coconut oil is a moisturizer for mild to moderate xerosis. Xerosis is a common skin condition which basically means dry, rough, scaly and itchy skin. One study showed significant improvement with use of extra virgin coconut oil. For this purpose use twice per day for 2 weeks.
- 8) As an oil massage for infants, a traditional practice in India, it is shown to increase weight gain. Additionally, it improves skin barrier function (preventing water loss which causes dry skin) and thermoregulation.

### **How to do infant massage for this use:**

Give a 5 minute massage four times per day. Gently massage the head, neck, trunk and extremities on front and back of baby. If baby gets uncomfortable, stop and try again later. Make sure to do this in a draft free place. After the massage, redress the baby or wrap her in a blanket.

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A randomized double-blind controlled trial comparing extra virgin coconut oil with mineral oil as a moisturizer for mild to moderate xerosis. *Dermatitis*. 2004 Sep;15(3):109-16. Agero AL, Verallo-Rowell VM. Accessed from <http://www.ncbi.nlm.nih.gov/pubmed/15724344>

Oil Massage in Neonates: An Open Randomized Controlled Study of Coconut versus Mineral Oil. Department of Neonatology, LTM Medical College and General Hospital, Sion, Mumbai, India. 2005. Sankaranarayanan, Mondkar, Chauhan, et al.

Novel Antibacterial and Emollient Effects of Coconut and Virgin Olive Oils in Adult Atopic Dermatitis. *Dermatitis*: November/December 2008 - Volume 19 - Issue 6 - p 308-315. Verallo-Rowell, Vermén M.; Dillague, Kristine M.; Syah-Tjundawan, Bertha S.

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## GRAPESEED OIL

*VITIS VINIFERA*

**How extracted/part from:** expeller-pressed from the seeds (be careful as many grapeseed oils are chemically extracted)

**Energetics:** dry, light and cool

**Fatty acid composition:** 70.6 linoleic, 16.2 oleic, 7.2 palmitic, 4.4 stearic

**Percentage to use:** up to 100%

**Blends well with:** most other oils

**Best for:** acne, sensitive, inflamed, irritated, dry and general use, massage

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### Uses and Properties

Grapeseed oil is a general use moisturizer, a light oil and makes a good base for body and facial oils. It is light, dry and cool, making it easily absorbed. Wonderful for inflamed skin conditions of all sorts where it lends its cooling properties to help bring down the “fire”. Grapeseed oils’ texture is readily mixed into more medicinal oils to result in an easily used product. Grapeseed has its own medicinal qualities too, being moderately high in Vitamin E and C and a slightly astringent effect.

This is a wonderful oil for all skin types though it is particularly suited to help balance sebum production in oily skin. High in antioxidants, grapeseed oil is also a match for aging skin and for helping to offset the effects of stress (this can be emotional, pollution, anything that causes the body to produce the stress hormones and free radicals). It can also help to even out skin tone and smooth fine lines and leaves the skin soft.

Grapeseed has been a frequent player in my custom skin oils and blends nicely with other masculine oils, like sesame seed. I have found it very useful in blends for people who have oily skin, yet a dry skin imbalance like eczema. I use it as the base of the blend and then add in some other nourishing and balancing oils.

Here is an (unsolicited) comment that I received on a custom oil blend. The fellow had a naturally more oily skin type yet was struggling with red, flaky eczema.

*“Wow..Michelle ...that oil and facial cream worked so good ..I can't believe it...my eczema never came back on my face after using it..I tried every other available product on the market and none never worked...I'm thankful your products are truly amazing ...and my skin looks young and fresh...”*



The slight green color indicates chlorophyll which is very nutritious for the skin. The unrefined oil has a higher amount of linoleic acids and is therefore drier than the refined variety. This is an oil that has a short shelf life so I recommend refrigeration. It is always good to add an antioxidant like Vitamin E when making a blend with grapeseed oil to extend its shelf life when unrefrigerated.

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## JOJOBA OIL

*SIMMONDSIA CHINENSIS*

**How extracted/part from:** liquid wax extracted from the seeds

**Energetics:** dry, light and cool

**Fatty acid composition:** 71.3 gadoleic, 13.6 erucic, 11.2 oleic

**Percentage to use:** up to 100%

**Blends well with:** jojoba oil blends well with all other oils.

**Best for:** acne, sensitive, inflamed, irritated, and general use

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### Uses and Properties

Technically a liquid wax, jojoba oil does not have any triglycerides making it shelf stable, though less so than coconut and castor oils.

Jojoba oil acne uses include being a general moisturizer, used for spot treatments and as part of a cleansing oil regime. Jojoba oil is a splendidly light, absorptive skin oil. It has an undetectable scent and an SPF of 4. It is a golden-brown color. Growing in arid regions, jojoba oil is from the plant *Simmondsia chinensis* and is technically a wax.

The jojoba plant is native to the Sonoran Desert of northern Mexico and southern Arizona. It is a plant adapted to the harsh desert climate. The oil preserves these adaptations, being highly resistant to light degradation or oxidation and so has a stable shelf life.

Jojoba oil has many qualities that make it effective for acne and as a natural skin care oil in general.

### Barrier Function of a Desert Plant

As a desert-dwelling plant, jojoba has evolved to create an effective barrier to water loss. This barrier function prevents water loss from the skin when applied. Water loss from the skin leads to all sorts of skin issues, from fine lines to skin fragility. Basically, dehydrated skin is a candidate for stress and stressed skin tends to break out.

It also actually increases the relative skin hydration.



## **Superior Skin Penetration & Emollient Action**

Jojoba oil is a wonderful moisturizer, which easily penetrates the upper layers and spreads softly on the skin. It is an emollient for dry, aging, distressed skin, yet I find it does not leave an oily residue. Jojoba oil is quickly absorbed by the skin and persists in the uppermost layers without clogging pores. With repeated daily application, jojoba oil presents a significant amount of persistence in the skin (meaning that it's helpful effects continue working throughout the days, it doesn't just "disappear").

## **Mimics Human Sebum**

Squeaky clean is an invitation for the skin to attempt to regain balance by over-producing it's natural oil, called sebum. Over-production of oil is one of the factors leading to acne and so a gentler strategy is to work with the skin. Oil serves many protective functions and keeps the skin youthful.

The theory is that since jojoba oil mimics sebum, the skin does not need to produce as much oil, therefore alleviating over-oil production. In addition, it keeps the skin soft and lubricated.

## **Wound Healer**

As jojoba oil is a wound healer, it can help to clear up lesions that occur with acne and quicken the healing process of scabs, sores and other marks left by cysts and pimples. It can also help to prevent scars from forming.

## **How to Use Jojoba Oil for Acne**

Jojoba oil can be used in numerous ways to help heal acne, scars and marks.

### **1) Healing Clay-Jojoba Oil Facial Mask**

This has been shown to be effective for both inflamed and non-inflamed skin lesions present with mild acne vulgaris.

*To make the facial mask:*

- Mix a small amount of a healing clay, such as rhassoul, kaolin, or green clay with some jojoba oil to make a paste.
- Apply to the skin and allow to work for about 15 minutes.
- Gently rinse the mask off with pure water, spritz the skin with a flower water toner and apply a small amount of jojoba oil to moisturize.
- Apply 2 to 3 times per week for 6 weeks for best results.

2) As a Moisturizer, first wet the skin with a floral water or plain water and then use up to 6 drops of jojoba oil, gently massaging the skin. You may pat off excess with a damp washcloth if necessary.

3) Removing make-up easily, cleanly and smoothly



4) Can be used on the lips as well as an emollient

5) As a hair conditioner it penetrates the hair shaft, conditions the hair and scalp, creating soft, shiny hair. All this and it won't cause break outs.

6) Using the oil cleansing method to clean the skin

7) As an acne spot treatment, mix jojoba oil with some tea tree oil and dab on the spots. Repeat throughout the day.

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#### References:

Anti-inflammatory effects of jojoba liquid wax in experimental models, Department of Pharmacology and Toxicology, Ain Shams University, Cairo, Egypt, June 2004. Habashy, Abdel-Naim, Khalifa, & Al-Azizi

Clay Jojoba Oil Facial Mask for Lesioned Skin and Mild Acne – Results of a Prospective, Observational Pilot Study. Research in Complementary Medicine, Vol. 19, No. 2, 2012. Meier, Stange, Michalsen, & Uehleke



## OLIVE OIL

*OLEA EUROPAEA*

**How extracted/part from:** grinding the whole olives and pressing out the oil via mechanical or chemical means

**Energetics:** moist, heavy, neutral

**Fatty acid composition:** 55.28 oleic, 17.84 linoleic, 19.8 palmitic, 2.56 stearic

**Percentage to use:** up to 100%

**Blends well with:** olive oil blends well with light oils and castor for cleansing.

**Best for:** babies, elderly, dry and general use

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### Uses and Properties

Olive oil for face, particularly extra virgin, is very rich and some may even say heavy. Extra virgin olive oil is particularly suited to dry and mature skin to hold in moisture and nourish skin cells. It is also one of the most used oils used in the Oil Cleansing method.

Greek and Mediterranean cultures depend heavily on extra virgin olive oil for face and skin. it is used as a skin softener and for dry, irritated or sunburned skin. it is also a skin luminizer, meaning that it makes the skin shine and glow!

Extra virgin olive oil is an effective skin cell regenerator. This is the first pressing of the olive and contains the highest amount of nutrients. It attracts moisture while still allowing the skin to breathe.

Personally, I find olive oil a bit too heavy to use on a daily basis. It tends to sit on the surface and is slow to absorb. I do like to use it as a body oil, especially applied before the shower (an Ayurvedic technique). This rinses off the excess yet keeps the skin soft and holds in moisture.

My baby oil blends often contain extra virgin olive oil, as it really nourishes and is so gentle. It is also great for the elderly and for dry, mature skin.





Being that olive oil is so nutrient-dense, it is a good addition to a facial oil blend. Depending upon your skin type, you can vary the amount of olive oil for your recipe.

### **Dry Skin Facial Oil**

Extra virgin olive oil 75%

Coconut, almond or jojoba oil 25%

### **Normal Skin Facial Oil**

Extra virgin olive oil 50%

Coconut, almond or jojoba oil 50%

### **Oily Skin Facial Oil**

Extra virgin olive oil 25%

Coconut, almond or jojoba oil 75%

For sensitive skin, use based on the amount of natural oils you produce and follow the above recipes.

Research done on the preventative effect of antioxidants (present in extra virgin olive oil) on UV-induced skin cancer concludes that “daily topical use after sun-bathing may delay and reduce UV-induced skin cancer development in human skin.”

A mixture of honey, beeswax and olive oil (1:1:1 ratio) is useful in managing dermatitis and psoriasis as well as skin fungal infections, including Pityriasis versicolor, Tinea cruris, T. corporis and T. faciei. This is at an application rate of 3 times daily for up to 4 weeks.

Another way to use olive oil for face is to use it as part of an overnight, exfoliating mask. This will help to balance skin discolorations and exfoliate dead skin, evening skin tone as well as having a softening effect.

#### *Ingredients:*

Extra virgin olive oil 1 teaspoon

Apple cider vinegar ¼ teaspoon

Water or rosewater ¼ teaspoon

#### *Directions:*

Cleanse the skin prior to applying this mask. Mix all the ingredients and apply, leaving on overnight and washing off in the morning.

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Preventive effect of antioxidant on ultraviolet-induced skin cancer in mice. Ichihashi, Ahmed, Budiyo, et al. Journal of Dermatological Science, Vol 23, Supp 1, Pages S45-S50, March 2000.

Topical application of natural honey, beeswax and oliveoil mixture for atopic dermatitis or psoriasis: partially controlled, single-blinded study. Noori S. Al-Waili. Complementary Therapies in Medicine, Vol 11, Iss 4, December 2003, Pages 226–234.

An alternative treatment for pityriasis versicolor, tinea cruris, tinea corporis and tinea faciei with topical application of honey, oliveoil and beeswax mixture: an open pilot study. Al-Waili, Feb 2004.



## PLUM KERNEL OIL

*PRUNUS DOMESTICA*

**How extracted/part from:** pressed from dried plum pits

**Energetics:** moist, light and warm

**Fatty acid composition:** 70 oleic, 20 linoleic, 8 palmitic, 2 stearic

**Percentage to use:** up to 100%

**Blends well with:** most other oils

**Best for:** babies, elderly, aging, dry and general use

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Plum kernel oil is a sweet, almost fruity smelling oil, quite similar to Apricot Kernel in scent and properties. It makes sense, as both plum and apricot are from the Rosaceae family and closely are related. The taste is perfume-like and slightly astringent and bitter. So while it is a deeply nourishing oil, it also has more antiseptic and stimulating properties.

Being rich in Vitamins A and E, along with antioxidants provides a well-rounded, pleasant and easily absorbed oil. It is great for general use and to slow the effects of aging skin. It is touted for its ability to nourish and moisturize and improve skin tone and elasticity. I have used it in creams for aging skin with good results.

Plum kernel oil leaves the skin soft, slightly sticky and it is easily absorbed. It has a thin to medium viscosity and is peach in color.

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## POMEGRANATE SEED OIL

*PUNICA GRANATUM*

**How extracted/part from:** pressed from the seeds of pomegranate

**Energetics:** moist, heavy, warm

**Fatty acid composition:** 78 punicic, 7.1 linoleic, 6.2 oleic, 3.1 palmitic, 2.7 stearic

**Percentage to use:** up to 50% in blends and 100% as a standalone treatment

**Blends well with:** light oils.

**Best for:** anti-aging, dry, serums, medicinal applications

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### Uses and Properties

Pomegranate seed oil is used in natural cosmetics and skin care for its anti-aging, nutritive and nourishing properties. Native to Iran, Pomegranate (*Punica granatum*) has a rich history in the traditional medicines of Ayurveda and Unani. The oil is viscous, yellow and slightly slow to absorb. It has a soapy, pungent and slightly astringent taste and the scent is nutty and sweet.

I like pomegranate seed oil for its anti-aging ability and its quick absorption into the skin. I find that it leaves a shiny gloss on the skin surface which is a nice side benefit. It feels somewhat heavy in texture at first, reminding me of glycerin almost, but not quite sticky. It has a nutty smell and is almost bright yellow in color. Be sure to purchase organic, cold-pressed oil for the purest product.

Pomegranate seed oil is specific for problem skin conditions such as eczema and also has been found to be protective against cancers, including breast cancer. It is a wonderful oil for the regeneration of damaged skin in the epidermis (outer skin layer) and is very high in punicic acid. Punicic acid (Omega 5) inhibits tumor necrosis factor and inflammatory disease. The oil also has weakly estrogenic properties, making it vitalizing for women.

Organic Pomegranate Seed oil has high levels of anti-oxidants that are useful to slow skin aging and counter free radicals. It is a rich source of punicic and ellagic acids, which heal, protect and moisturize dry skin, bring elasticity





back and are used for eczema. Pomegranate Seed oil is a fine ingredient and over 200 pounds of fresh pomegranates are used to produce 1 pound of oil!

All parts of the pomegranate plant have medicinal uses (roots, bark, flowers, fruits and leaves). Pomegranate has been intertwined in religious and spiritual practices since ancient times and is associated with the qualities of fertility, abundance and prosperity.

The peel is an astringent with anti-inflammatory and antifungal activities. It is also used as a whitening agent for the skin and for healing wounds. For these purposes, the peel can be made into an ointment for skin repair. The juice is protective against UVA and UVB-induced cell damage. It diminishes wrinkles and inflammation from sun overexposure when used as a drink. The seeds are used for beauty and fertility in Ayurveda.

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#### References:

Bhandari PR. Pomegranate (*Punica granatum* L). Ancient seeds for modern cure? Review of potential therapeutic applications. *Int J Nutr Pharmacol Neurol Dis* [serial online] 2012 [cited 2012 Sep 1];2:171-84. Available from: <http://www.ijnpnd.com/text.asp?2012/2/3/171/99469>

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## ROSE HIP SEED OIL

*ROSA RUBIGINOSA*

**How extracted/part from:** mechanical pressing of the seeds

**Energetics:** dry, light, neutral to warm

**Fatty acid composition:** 44.1 linoleic, 33.9 linolenic, 13.9 oleic, 3.5 palmitic

**Percentage to use:** up to 50% in blend, can be used 100% as a standalone treatment

**Blends well with:** rose hip seed oil blends well with both light and heavy oils.

**Best for:** anti-aging, scarring, serums, medicinal applications, caution with inflamed or acne-prone skin

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### Uses and Properties

Rose hip seed oil is extremely high in gamma-linolenic acid and Vitamin C (20 times more than an orange), making it ideal for keeping skin youthful and regenerating cells. It is often used to heal scar tissue and prevent fine lines. It has been used by native Chileans for centuries.

Cold-pressed rose hip seed oil is used on its own and as part of blends in creams, skin oils, and serums. I've added it as a part of fine skin creams, in a therapeutic oil for healing scars and nerve damage/pain and in anti-aging serums.

The seed pods are called "hips" and they are the fruit of the rose plant. The teeny, tiny seeds within are where the oil lies and it is forced out through a mechanical pressing. Rosa rubiginosa is the most commonly used species of rose for the oil. Rose hip seed oil is amber to orange and has a nutty scent. It needs to be kept refrigerated as it is very susceptible to oxidation and even then the shelf life is about 2 years. If you buy a larger quantity, you can rebottle into a 1 ounce bottle, add a bit of vitamin E and some carrot seed essential oil. This will help to preserve it for about 6 months.

Rose hip seed oil is said to be the best oil available for anti-aging and skin rejuvenation. It is the only natural oil with retinoic acid (Vitamin A), which delays the effects of skin aging and increases the levels of collagen and elastin. We also know that plant acids, like retinoic acid, are natural exfoliants and so help to slough off dead outer skin to reveal the new, brighter skin underneath.



Being a “dry” oil, it easily soaks into the skin and does not leave grease. It penetrates almost immediately and can be used undiluted. As always, for best results apply the oil to your skin when still damp from washing or spritzing with floral water. Note that rose hip is a Fire oil and should not be used on actively inflamed or sensitive skin as it could make it worse. It is controversial whether to use rose hip seed oil skin with acne. Most acne stems from a hot and moist condition internal condition and so a warm oil can increase the inflammation.

**Rose hip seed oil has been used successfully to treat a whole host of skin problems:**

- Scars from surgery, tissue trauma, burns and acne
- Eczema
- Psoriasis
- Stretch marks
- Wrinkles and premature aging
- Hyper-pigmentation and age spots
- Dermatitis
- Brittle nails, dry hair

Here is a recipe used for repairing both skin damage and superficial nerve damage as can occur with child birth.

**Scar and Nerve Injury Repair Oil**

*Ingredients:*

Rose hip seed oil            1 part

Castor oil                    1 part

St. John’s wort (Hypericum) infused extra virgin olive oil                    1 part

*Directions:*

Simply mix these in the proper proportion and shake well before using. I have read some reports that using rose hip seed oil everyday can cause a bit of an orange hue on fair skin. However, I have not had that experience so just be aware of the possibility.

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## SESAME SEED OIL

*SESAME INDICUM*

**How extracted/part from:** pressed from ripened seeds

**Energetics:** neutral to moist, light and warm

**Fatty acid composition:** 45.69 linoleic, 39.21 oleic, 8.57 palmitic, 4.26 stearic

**Percentage to use:** up to 100%

**Blends well with:** most other oils

**Best for:** massage, general use, all skin types

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### Uses and Properties

Sesame seed oil is one of the more storied of them all. Used for a long history in Ayurvedic medicine, sesame seed is noted to be neutral to warm and has many medicinal qualities. The roasted seed oil is more warming and has a distinguishable scent that is very nutty, warm and roasted. It has a thicker viscosity than the other Air oils and is a bit more heavy.

This is an almost perfectly balanced oil between oleic and linoleic acids, which accounts for some of its wide-spread appeal. It is great for all skin types, to help reduce inflammation and as a general moisturizer. I have found it great for more oily skin types, where eczema or other dryness occurs. It is a rich source of vitamins and antioxidants making it a very useful all around body and facial oil.

In Ayurvedic medicine, sesame seed oil is used to balance Vata, the driest imbalance and I have also seen it as a star in Pitta oils. It is considered to be nourishing, calming and warming and is used for many conditions other than nourishing the skin and hair. Some of these uses include promoting restful sleep, increasing endurance and physical strength and balancing the nervous system. This would apply when using sesame oil as a daily self-massage oil.

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## SHEA BUTTER

*BUTYROSPERMUM PARKII*

**How extracted/part from:** processed from the nut of the African shea tree

**Energetics:** moist, heavy, warm

**Fatty acid composition:** 60.5 oleic, 45.24 stearic, 7.9 linoleic, 5 palmitic

**Percentage to use:** up to 100% (whipped)

**Blends well with:** heavy oils (to make body balms and butters)

**Best for:** babies, elderly, inflamed, irritated, dry, lips and general use



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### Uses and Properties

Shea butter benefits the skin in a number of ways. The thick, semi-solid butter is extracted through an age-old process and is a rich moisturizer. Be sure to purchase only unrefined, pure shea butter.

Traditionally used in Africa all over the body and hair, shea butter offers protection from the elements of wind and sun. It has a sun protective factor of approximately 6 and is often used to augment sunblocks, with its UVB protection. For dry, cracked skin and brittle hair, shea butter is one of the finest natural products available.

Shea butter benefits nails and cuticles by strengthening and healing.

It is wonderful for mature skin, where the emollient properties will help to slow down the aging process and the antioxidant activities decrease skin damage from stressors.

Shea butter is often used in formulations ranging from creams, body butters and balms. Due to its triglyceride composition, shea butter can form bumps, blooms and crystals when used as part of a formulation. This is due to cooling temperatures. It is only a cosmetic issue.

I like to add it to face creams for dry and mature skin or use it straight. It is particularly wonderful in the cold, dry weather that we have here in the winters as it's quite rich and thick. Shea butter benefits the lips as well and makes a protective and moisturizing lip balm.



Shea butter softens and smooths the skin and is an anti-irritant and anti-inflammatory natural skin remedy.

It is often used to prevent and heal stretch marks, scars and lines. When I was pregnant with my son, I made and used a body balm blend of shea butter, cocoa butter and coconut oil. This was a thick, viscous butter that I applied almost daily all over my body. I am a rather tiny person and gained quite a bit of weight but did not form any stretch marks!

Shea butter has a long history of use as a base for medicinal ointments, also known as salves. To the base of shea butter, powdered herbs can be added, or melt the shea and use to make an herbal oil using the stovetop or yogurt-maker method.

**Here is a handy list of ailments shea butter is used for:**

- Eczema
- Rashes
- Acne
- Blemishes
- Dark spots and discolorations
- Wrinkles
- Anti-irritant for psoriasis
- Antiaging
- Nasal congestion
- As a hair conditioner for itchy, dry scalp issues
- To increase hair luster
- For skin elasticity (what makes the skin supple and resilient)
- To smooth skin after shaving
- For the feet, to heal cracked heels
- Dermatitis
- Burns including sunburn

Always be sure to purchase unrefined, pure shea butter.

**Ways to Use Shea Butter**

- 1) As a daily moisturizer, shea butter is protective and has slight sun protective factors, particularly helpful with absorbing UVB rays. It is most suited for very dry or mature skin or in very dry weather. I like to use it in the winter, when it is dry, the wind is blowing and the temperature is very cold. I find that my skin stays moisturized all day and is less prone to windburn.
- 2) As a basis for a healing ointment, shea butter adds its own medicinal qualities. For this use, follow the instructions in the article Herbal Oils, using the slow heat or stovetop method.



- 3) Shea butter uses for the feet include healing cracked heels, torn nails and otherwise dry and irritated skin. it can be used in a foot soak, with about 1 tablespoon added to warm water. Soak the feet until the water becomes cool and finish by massaging more shea butter into your feet.
- 4) As a body butter, shea can be used alone or blended with other ehalthing oils and butters.

### **Stretch Mark Prevention Recipe**

#### *Ingredients:*

Shea butter 2 parts

Cocoa butter 1 part

Coconut oil 1 part

#### *Directions:*

This recipe can be suited to the amount that you want to make. For example, for a 4 ounce jar, it would be 2 ounces of shea butter, 1 ounce each of cocoa butter and coconut oil.

To make, simply melt the cocoa and shea butters and coconut oil in a double boiler just until liquefied. Then pour into a glass jar, cap and allow to cool. This forms a thick balm that can be used all over the body.

- 5) As an intensive lip balm, eye cream or hand moisturizer, simply use shea butter in its raw state. It is most helpful if you apply before bedtime or another time when you can allow the shea to sink deeply into your skin. Shea butter can also be stored in a smaller container and taken with you for reapplication throughout the day. You will stay moisturized and be much more comfortable with soft lips and hydrated skin!

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## SWEET ALMOND OIL

*PRUNUS DULCIS*

**How extracted/part from:** cold pressing of the dried kernel of sweet almonds

**Energetics:** moist, light and cool

**Fatty acid composition:** 57.5% oleic, 22.8% linoleic, 5.6 palmitic, 2.5 stearic

**Percentage to use:** up to 100%

**Blends well with:** heavy or light oils.

**Best for:** babies, general use, acne, sensitive skin

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### Uses and Properties

Almond oil is a clear to yellow, odorless and thin oil. It has a quite versatile repertoire as a skin and hair oil. It is very light and does not leave excess oil on the skin. It has been used in many cultures for its penetrating and moisturizing abilities and ease of use. Being moist, light and cool, almond oil is particularly balancing for skin types that are hot and dry, such as those with rosacea, menopausal women or young children with dry skin.

The simplest way to use almond oil for skin is too add some essential oil to it and use as is. It can be used on the whole body, including the face. Being nearly odorless, it makes a wonderful aromatherapy massage oil. Be sure to purchase cold-pressed, organic almond oil.

Almond oil has a high nutritional value, particularly vitamin E and fatty acids. It is a widely used carrier oil that is suitable for all skin types. I like to use almond oil for making herbal-infused oils and for delicate facial oils. I have also used it in skin creams and as a body oil. It is really useful on its own and to “cut” heavier oils to create a lighter finished product.



### **Dong Quai Almond Beauty Oil**

Dong quai (*Angelica sinensis*) is a medicinal herb native to China. It is often used as a complexion herb, decreasing blemishes and encouraging healthy skin and blood flow. It is also an estrogenic herb, making it potentially useful in preserving youthful skin. Dong quai is also used for eczema, alopecia and rosacea.

#### *Ingredients:*

Dong quai root, organic	2 pieces
Almond oil	2 ounces
Frankincense essential oil	10 drops
Myrrh essential oil	8 drops
Carrot Seed essential oil	5 drops

#### *Directions:*

Make an herbal-infused oil with the dong quai root and almond oil. Strain this and add the essential oils. This can be stored in a narrow mouth bottle and used as a facial oil.

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