

Carrier Oil Quick-Reference Guide

Oil	Source	Benefits	Characteristics	Aroma	Comedogenic Rating	Uses
Apricot Kernel	Cold-pressed from apricot kernels (seeds)	Antioxidant, anti-inflammatory, readily absorbs into skin	Free-flowing, lightweight, non-greasy, liquid oil with rapid absorption	Mild, nutty, and sweet	2	skin, internal
Argan	Kernels of argan fruit	dry skin, acne, psoriasis, eczema, wrinkles, joint pain, inflammation. May prevent hair loss and dry hair. Prevents breakouts. Fades scars and improves skin texture.	Free-flowing, non-greasy, liquid oil with moderate absorption	Very mild neutral	0	skin, hair, internal
Baobab	Cold-pressed from seeds of the baobab tree	adds moisture and suppleness and forms a protective layer on skin	Free-flowing, non-greasy, liquid oil with slow absorption	Lightly nutty, almost floral	2	skin, hair
Calendula	A carrier oil is infused with calendula flowers	Antibacterial, antiviral, anti-inflammatory, anti-tumor and antioxidant properties	Depends on carrier oil used	Lightly floral	1, depending on carrier oil used	skin
Castor	Extracted from castor beans by mechanical pressing, solvent extraction, or a combination of pressing and extraction.	High in essential fatty acids, including ricinoleic acid (RA)	Viscous, greasy, liquid oil with very slow absorption	Slightly bitter	1	lubricants, soaps
Cocoa Butter	Extracted from cocoa nib by cold-pressing or solvent extraction	Moisturizing and conditioning; antioxidant and anti-inflammatory, photoprotective, anti-aging	Brittle, hard, solid fat with slow absorption	Strongly sweet and chocolatey	4	skin, hair, soaps
Coconut	Cold-pressed from the meat of mature coconuts	Emollient and antimicrobial. Readily available and relatively inexpensive.	Soft, greasy, semi-solid oil with slow absorption	Mild, coconuty	4	skin, lips, hair
Coconut (Fractionated)	Derived from pure coconut oil	Slick and makes a great lubricant or massage oil; moisturizing	Free-flowing, non-greasy, liquid oil with moderate absorption	Mild, coconuty	2-3	skin, roller balls, capsules
Grape Seed	Cold-pressed from seeds of grapes	Rich in phenols, fatty acids, and vitamins; anti-inflammatory, antimicrobial, antioxidant; prevents free-radical damage	Free-flowing, relatively non-greasy, liquid oil with fast absorption	Very mild and neutral, almost odorless	1	skin, hair, nails, lubricants
Hemp Seed	Cold-pressed from hemp seeds	Helps build healthy cell membranes and the skin's natural oil barrier; hydrating; anti-aging	Free-flowing, somewhat sticky, liquid oil with moderate absorption	Mild, nutty	0	skin, hair, nails



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Jojoba	Actually a wax ester cold-pressed from seeds of the jojoba bush	Strengthens hair and prevents breakage and split ends; helpful in treating dandruff and dry scalp; protects skin; antimicrobial, anti-inflammatory, antioxidant; promotes wound healing; prevents skin aging. Has a soft, satiny feel.	Free-flowing, non-greasy, liquid wax with moderate absorption	Pleasant soft aroma, almost odorless	2	skin
Linseed (Flax)	Cold-pressed from dried flax seeds	Rich in alpha linolenic acid; anti-inflammatory and antioxidant; balances natural skin oils and reduces inflammation; forms a protective barrier on skin	Free-flowing, non-greasy, liquid oil with fast absorption	Mildly "fishy"	4	hand and body lotions
Olive	Cold-pressed from ripe olives	Moisturizing and nourishing; high in vitamins, fatty acids, vitamin E, and antioxidants to protect skin and slow aging process	Free-flowing, greasy, liquid oil with slow absorption	Appealing earthy aroma	2	skin, hair, internal
Palm Kernel	Pressed from dried and heated palm kernel nuts	Rich in vitamin E and essential fatty acids for anti-aging and anti-inflammatory benefits	Soft, semi-solid, non-greasy oil with very slow absorption	Odorless	4	soaps
Sesame	Expressed from sesame seeds via expeller pressing, cold-pressing, or solvent extraction	Anti-inflammatory, antioxidant, and antibacterial; combats acne, infections and rashes; healing to dry skin; reduces redness	Slightly viscous liquid oil with moderate absorption	Strong nutty aroma	3	skin, lubricants, internal
Shea Butter	A fat extracted from the nut of the African shea tree by boiling	Anti-inflammatory, antioxidant, emollient, repairs the skin barrier; wound healing	Medium-soft solid fat with moderate absorption	Mild, neutral; almost odorless	0-2	skin, soaps
Sunflower	Expeller-pressed from raw sunflower seeds	Enhances skin barrier function; prevents invasive bacterial infections; anti-fungal; healing to atopic dermatitis and dry/scaly skin; anti-wrinkling and anti-aging properties	Free-flowing liquid oil with slow absorption	Odorless	0-2	skin, hair, internal, roller balls
Sweet Almond	Cold-pressed from ripe almonds	Vitamin A, E, antioxidant and emollient rich; soothing; moisturizing; reduces hypertrophic scarring post-operatively; smoothes and rejuvenates skin; improves complexion and skin tone	Free-flowing liquid oil with slow absorption	Mild, nutty, and sweet	2	skin, hair, internal, roller balls

