



CERTIFICATE IN ORGANIC SKINCARE FORMULATION.

ESSENTIAL OILS TOPICAL LIMIT.

ESSENTIAL OIL	DERMAL LIMIT	REASON
Rose absolute	0.02% for leave –on product	Contains high percentage of Methy eugenol,a suspected carcinogen.
Jasmin absolute	0.4% for face ,0.7% for body	Can cause skin sensitisation
Grapefruit essential oil	4% for leave-on products	photo toxicity

Lemon essential oil	2% for leave –on products	Photo toxicity
Lime essential oil(Expressed)	0.7% for leave on products	Photo toxicity
Bergamot essential oil	0.4% for leave on products	Photo toxicity
Geranium essential oil	0.5% for facial products	Can cause skin sensitisation
Lemon grass essential oil	0.6% for leave on products	Photo toxicity and senisitisation
Ylang ylang essential oil	0.4% for face ,0.8% for body	Can cause skin sensitization
Cinnamon essential oil	0.07% for leave- on products	Can cause skin sensitization
Clove essential oil	0.1 for leave on products	Can cause skin sensitization

SKIN REACTION TO ESSENTIAL OILS.

Essential oils are regulated because they contain chemical compounds to which people can experience a skin reaction. This reaction is dependent and varies according to the concentration of the essential oils applied to your skin. The essential oil should not be applied directly to the skin. You can never tell what will be the reaction of direct application to your skin due to its chemical compound.

Skin reactions to essential oil take three forms:

-Irritation

-Sensitization

-phototoxicity.

IRRITATION – Skin irritation occurs when you expose your skin directly to the essential oils (applying now to your skin).

It reacts quickly, depending on how concentrated the essential oil is itself.

SENSITISATION –This is a type of allergic reaction that occurs as soon as your skin contacts the essential oil's chemical compound. You don't notice this immediately, but you'll start to see an inflammatory reaction caused by the immune system over time.

PHOTOTOXICITY –This causes rapid tanning of your skin, including skin redness, dark spot, or freckles caused by

exposure to the sun. Some essential oils can UV in return can affect the state of our skin.

Examples of essential sun oils are –Lemon, Lime, Mandarin, Orange, tangerine essential oil.

ESSENTIAL OILS KEY USES CONTRAINDICATIONS.

BENZOIN - (Styrax benzoin) Sweet vanilla-like aroma

Antiseptic, astringent, anti-inflammatory, diuretic, and sedative
Excellent for dry, chapped, inflamed, and irritated skin.

Particularly useful for hand and foot creams. A diuretic that helps with water retention issues so can be helpful for obesity and cellulite. Cooling and calming for the nerves promote relaxation. Alleviates stress and tension.

DISADVANTAGE- Please do not use it with young children.

BERGAMOT - (Citrus bergamia) Sweet, uplifting, warming, and citrus

Antiseptic, bactericidal, deodorant, insecticide, vulnerary

Normal, oily, acne, spots, eczema. An excellent skincare oil.

Promotes healthy skin growth, regenerates skin cells, promotes healing by scar tissue formation, heals wounds, cuts, sores.

Uplifting and useful for treating emotional conditions which may be at the root cause of eczema.

They are not phototoxic.

FRANKINCENSE (*Boswellia carterii*) Warm, smoky, hint of lemon aroma

Antiseptic, astringent, cephalic, cytophylactic, diuretic, fixative, and sedative Good for oily, aging, and mature skin; helps heal scars, cuts, and wounds. Good for acne and spots. It has a real tonic effect restoring tone to the skin, especially of the face, and therefore smoothes wrinkles. The aroma is fantastic! It helps deepen breathing, soothes stress and anxiety, aids rest, relaxation, mindfulness, and meditation. Comforting and elevating.

DISADVANTAGE- Frankincense oil should be avoided during the first trimester of pregnancy.

GERANIUM (*Pelargonium graveolens*) Floral, soft, sweet, and green aroma

Antiseptic, astringent, balancing (sebum production), deodorant, fungicidal, and styptic. Useful for all skin types because it has a balancing action on sebum production. Helpful for healing cuts and wounds, eczema, and psoriasis as well as acne and spots. Suitable for dry, chapped, and cracked skin. A strong antidepressant. Excellent and gentle uplifting qualities.

DISADVANTAGES -May irritate sensitive areas of skin. Avoid in the first trimester of pregnancy. Use in low dilution during second and third trimesters.

GRAPEFRUIT (*Citrus x paradisi*) Sweet, citrus, soft, and uplifting
An antiseptic, astringent, diuretic, lymphatic stimulant, and tonic Perfect for oily and congested skin. Refreshing and reviving. Tones the skin and tissue. Helps with lymphatic drainage to remove toxins. Detoxifying so good for acne and congested skin and in cleansers.

DISADVANTAGE -It can irritate sensitive areas of skin.
Grapefruit (expressed) is phototoxic, and the dermal limit for leave-on products is 45%.

LAVENDER -(*Lavandula angustifolia*) Floral, woody undertone, and sweet aroma
Analgesic, antimicrobial, antiseptic, anti-inflammatory, bactericidal, balancing (nervine), cicatrisant, cytophylactic, disinfectant, deodorant, fungicidal, and sedative.
Great for all skin types, and it promotes new skin cell growth. It is healing for cuts, burns, scars, rashes, and bites. It Soothes allergies, eczema, and psoriasis. Indicated for stretch marks and smoothing out wrinkles. Eases muscular and joint aches and pains and inflammation. It is calming for the mind and emotions. Alleviates stress, anxiety, tension, sadness, and depression—useful aid to relaxation.

DISADVANTAGES - Can cause dermatitis if overused.

LEMONGRASS - (*Cymbopogon citratus*) Strong, sweet, citrus-like, and stimulating aroma

Antiseptic, astringent, bactericidal, deodorant, fungicidal, insecticidal, and prophylactic Suitable for oily and acne-prone skin. Good insect repellent, and helpful in the healing of athlete's foot. Reduces excess sweating and provides a beautiful deodorant. Excellent for aching muscles and for reviving tired limbs. Increases suppleness of muscle tissue and stimulates circulation. Refreshing and rejuvenating for the feet in a foot bath. Strong prophylactic and antiseptic. Reviving and energizing for a tired mind.

DISADVANTAGES -May irritate sensitive areas of skin.

MYRRH (*Myrrha Commiphora*) Strong, medicinal, and clear aroma

Astringent, antiseptic, fungicidal, antimicrobial Great for dry, chapped, and mature skin. Myrrh has powerful skin-preserving properties. Suitable for dry, chapped skin, so beneficial in lip balms. Ideal for mature skin and wrinkles. The strong medicinal smell, use in low dilution.

DISADVANTAGES -Do not use in pregnancy.

ORANGE (sweet) (*Citrus sinensis*) Succulent, soft, sweet, and fruity aroma

Antiseptic, cheering, sedating, and gently uplifting Good for acne-prone, congested, oily, and mature skin. Helps with lymphatic drainage to remove toxins. Promotes collagen

formation to help skin become firmer. A wonderfully sweet and soft fruity aroma that gently uplifts the spirits and alleviates stress and tension. It can replace lavender because of its softening and relaxing qualities.

PATCHOULI (*Pogostemon patchouli*) Warm, sweet, smoky, and earthy aroma

Antimicrobial, antiseptic, astringent, antiviral, bactericidal, cicatrisant, deodorant, prophylactic, and sedative Dry chapped and damaged skin. Mature/aging skin. Oily and greasy skin. Healing for acne and spots, cuts, scars, cracked skin, wounds, and sores. Replenishes skin cells and therefore helps the formation of scar tissue. Smooths out wrinkles. Healing for athlete's foot. Reduces excess sweating, alleviates water retention issues, and, thus, useful for obesity and cellulite. Calming and uplifting. Balancing for mind, body, and emotions.

PEPPERMINT (*Mentha piperita*) Sharp, menthol, minty, camphor, and penetrating aroma

Antiseptic, astringent, antimicrobial, analgesic, anti-inflammatory, decongestant, and digestive tonic Useful for acne-prone, congested, and oily skin. Wonderfully cooling action on the skin. Excellent skin toner, especially for the hands and feet. Refreshing and reviving action on the body and mind. Good for mental fatigue, migraines, stuffy heads, headaches, nervous stress. Enhances study and focus. Use in low dilution in pregnancy.

DISADVANTAGE-Avoid if suffering from epilepsy or a heart condition.

Not to be used on very young children.

ROSEMARY (*Rosmarinus officinalis*) Clear, herbaceous and green-like aroma

Antioxidant, antiseptic, astringent, cicatrisant, cytophylactic, fungicidal Suitable for all skin types, especially acne-prone or oily skin and mature skin. Intense cleansing action on greasy, oily skin. Useful for healing cuts and wounds. Promotes healing by the formation of scar tissue. Healthy skin preserving qualities. Encourages the growth of skin cells and can help eliminate scarring. Firm astringent – contracts, tightens, and binds tissues. Eases muscular and joint aches and pains and inflammation. Boosts general immunity and helps to kill infections. Stimulating and awakening for mind and emotions. Alleviates stress, anxiety, tension, sadness, and depression.

DISADVANTAGE -Do not use in pregnancy.

SANDALWOOD (*Santalum album/santalum austrocaledonicum/ santalum spicatum*) Warm, smoky, woody, and spicy aroma

Antiseptic, emollient, fungicidal, diuretic, and sedative, an excellent emollient that softens and smoothes the skin, hydrating and moisturizing. Suitable for all skin types, mostly dry and dehydrated skin. Excellent antiseptic action. Aids rest, sleep, and relaxation. It has a strong earthy, woody smell that

calms, fortifies, quietens, and strengthens the mind and body. An excellent aid to meditation.

YLANG YLANG (*Canangon odorata*) Heavy, spicy, sweet, and floral aroma

Antiseptic, aphrodisiac, balancing and regulating (cardiac and sebum production), nervine sedative, and euphoric Useful for all skin types – oily, dry, mature, and sensitive – and used to significant effect to balance sebum production, hydrate, soften and moisturize the skin. It improves circulation and helps with lowering high blood pressure. It is a potent sedative and uplifting and sensual, which combats depression, anxiety, stress, and insomnia. It promotes rest, calmness, and relaxation.

Use in moderation.