



CERTIFICATE IN ORGANIC SKINCARE FORMULATION.

INTRODUCTION TO ESSENTIAL OILS AND CARRIERS OILS.



Essential oils are concentrated water-fearing (Hydrophobic) liquid containing evaporated aroma compounds from plants. They are also known as natural plant extract derived through a distillation process. In ancient times the Jews and Egyptians made essential oils by soaking the plants in oils and then filtering the oils through a linen bag. Essentials oil has been used

for thousands of years in various cultures for medicinal, skincare, and health purposes.

THE SKIN

The skin is the largest organ of the body with a total area of about 20 square feet, the skin protects us from microbes, and the elements helps regulate body temperature and permits the sensation of touch heat and cold.

Essential oils are beneficial for all skin types, from Normal-dry-combination and oily skin. However, your skin's health and beauty later in life largely depend on what you eat and how you take care of yourself.

According to a famous Russian saying that " after the age of 30, A woman's skin looks the way she deserves", which means your skin will be determined by the things you fed it with during your early 20s.

We must look after our skin and the general state of our health and happiness because they all affect each other and contribute to the body's health and wellness. The skin needs to be well-nourished and well-fed, just like the attention we give to making our faces look good. The same should apply to the skin. That is why essential oils are essential to our general well-being they have multiple benefits to the skin and our public health.

BENEFITS OF ESSENTIAL OILS.

- It helps to heal skin irritations and can be used for all skin types. It can cleanse cuts and also calm down stressed skin.

- Essential oil also balances oil production and conditions the skin.

-Essential oil is effective for treating aging skin, skin elasticity, it can be used to treat hype pigmentation, and it tones and tightens the skin.

-It is also useful for treating oily or acne-prone skin and stimulates cell growth to fight the effect of aging.

-Essential oils have a soothing and calming effect, it has pain-relieving properties, and its antispasmodic properties (ability to relieve cramps) make it a right treatment for menstrual cramps. It soothes inflamed joints and aching muscles.

-Essential oil is anti-inflammatory. It can be used to treat dryness, inflammation, and itching skin.

ESSENTIAL OILS SAFETY CHART

OIL	PROPERTIES	USES	PRECAUTIONS	PART OF PLANT USED
Cedarwood (Cedrus Atlantica)	antiseptic astringent energizing stimulant	Stress tension deodorant repellent insect		wood

Chamomile (<i>Matricaria chamomilla</i>)	Anti-inflammatory antidepressant soothing diuretic	Anxiety depression irritability stress		Flowers
Citronella (<i>Cymbopogon nardus</i>)	energizing stimulating soothing	insect repellent		all parts
Clary Sage (<i>Salvia sclarea</i>)	antispasmodic calming relaxing soothing tonic warming	moodiness panic restlessness stress tension	Do not use during pregnancy	Flowering and tops
Eucalyptus (<i>Eucalyptus globulus</i>)	antiseptic antiviral bactericidal decongestant expectorant stimulating	frustration anger stress tension depression		Leaves and twigs
Frankincense (<i>Buswellia thurifera</i>)	calming grounding, toning	Aging skin sleep fear grief stress disturbed vulnerability		resin
Grapefruit (<i>Citrus Paradisi</i>)	energizing freshening, tonic	air freshener cellulite depression lethargy affective disorder (SAD) congestion		peel of fruit
Jasmine (absolute) (<i>Jasminum officinale</i>)	aphrodisiac antidepressant energizing soothing uplifting	anxiety apathy depression nervous tension shyness	Do not use during pregnancy	flowers

Juniper (Juniperus communis)	antimicrobial antiseptic astringent energizing	confusion exhaustion emotional distress	do not use during pregnancy	berries
Lavender (Lavandula officinalis)	analgesic antidepressant antimicrobial antiseptic bactericidal balancing calming soothing anti-inflammatory	anxiety fear insomnia hysteria depression panic restlessness		Flowering tops
Lemon (Citrus limonum)	anti-infectious antiseptic bactericidal uplifting	refreshing nervous conditions	sun sensitivity	Rind of fruits
Orange (Citrus aurantium)	cleansing antidepressant astringent calming mildly sedative tonic	anxiety depression insomnia	sun sensitivity	Rind of fruits
Patchouli (pogostemon patchouli)	antidepressant anti-inflammatory antiseptic aphrodisiac astringent calming soothing insecticidal	earth grounding anxiety depression stress acne athlete's foot dandruff		leaves

Peppermint (Mentha piperata)	decongestant energizing stimulating	centering focus grounding awakening		leaves
Rose (Rosa damascena)	antidepressant aphrodisiac antiseptic calming centering	anxiety depression hopelessness insecurity	do not use during pregnancy	Flowers
Rosemary (Rosmarius officinalis)	analgesic antiseptic energizing stimulating	focus concentration indecision procrastination hangover headaches muscular tension	do not use during pregnancy or if epileptic	leaves & flowering tips
Sandalwood (Santalum album)	antiseptic aphrodisiac astringent calming sedative soothing	apprehension depression shyness timidity		wood
TeaTree (Melaleuca alternifolia)	antifungal anti- infectious antimicrobial antiseptic decongestant antiviral disinfectant energizing stimulant	athlete's foot acne infections psoriasis dandruff sinusitis		

NORMAL SKIN: Lavender, Geranium, Rosemary, Rosewood, Evening primrose, Sweet Orange, Cedar wood.

DRY SKIN: Lavender, Sandalwood, Geranium, Cedar wood, Rosewood.

Ylang Ylang: Patchouli, Evening Primrose, Frankincense.

OILY SKIN: Cypress, Cedar wood, Lavender, Bergamot, Rosemary, Lemon, Sweet Orange, Juniper, Frankincense, Clary Sage, Lemongrass.

MATURE SKIN: Frankincense, Ylang Ylang, Sandalwood, Rosewood, Patchouli, Fennel, Lavender, Geranium, Cypress, Evening Primrose.

BLEMISHED SKIN: Rosemary, Lavender, Tea tree, Lemon, and Geranium.

SENSITIVE SKIN: Lavender, Sandalwood, Cedar wood, Evening Primrose.

LEGEND:	
C= Compress	D= Direct Application
B= Bathe	M= Massage
T= Tissue	
<u>Quick Reference Chart of Dosages</u>	

Bites	Lavender/Tea	D
Blisters	Lavender/Tea Tree	D
Bruises	Geranium/Lavender	C
Bumps	Lavender	C
Chills	Geranium	C B
Colds	Eucalyptus/Peppermint	M T
Cuts	Lavender/Eucalyptus/Tea Tree	B
Cramps	Geranium	C M
Fever	Eucalyptus/Lavender	C B
Hay fever	Eucalyptus/Peppermint/Lavender/Geranium	M T
Headache	Peppermint/Lavender	C M T
Heat Exhaustion	Lavender/Eucalyptus	C B
Insect Repellent	Lavender/Peppermint/Eucalyptus/Tea Tree/Geranium	C M T
Muscle Aches	Lavender/Eucalyptus	C B M
Rashes	Geranium/Eucalyptus	C B

Sleeplessness	Lavender/Geranium	C B M
Sunburn	Lavender/Peppermint/Eucalyptus	BM
Travel Sickness	peppermint	C T
Toothache	Peppermint/Tea Tree	D
Vomiting	Peppermint/Lavender	C T
Upset stomach	Lavender/Peppermint	C M T

CARRIER OILS.

Carrier oils are naturally derived from vegetarian sources and have a neutral smell; they aren't volatile like essential oils, making them an excellent medium for dilution and application. Essential oils are volatile, which means they evaporate rapidly and contain the plant's natural smell and characteristics. It makes them too strong to apply undiluted. Carrier oils do not fade or have a strong smell, so they are perfect for diluting incredibly strong essential oils. They reduce the concentration of the essential oil without altering the therapeutic benefits their shelf life is limited but can be extended with vitamin E.

CARRIER OILS CHART

Oil	Properties	Absorption	Skin type	Shelf Life
Apricot Kernel	Nourishing, emollient, softening, soothing. Suitable for massage as absorbed more slowly than some other oils. Interchangeable with the peach kernel.	Medium slow	Sensitive, dry mature	2-3years
Avocado	Nourishing, rich in vitamins, especially E	Fairly quick	All skin types esp.	2-3 years

	AND D, Anti-wrinkle, skin regeneration, softening. Prevents water loss: a creamy, long-lasting, and well-absorbed oil.		dry, mature and eczema	
Borage (Starflower)	Skin rejuvenation, anti-aging, scar treatment Rich in GLA (an omega-six fatty acid), helps skin retain moisture, useful for treating eczema and psoriasis. They are absorbed quickly.	quick	All skin types esp dry, mature.	6 months (2 years with added vitamin E)
castor	Thick, very Slow to absorb Soothing, provides a thick, shiny protective so good for lip balms. Used in cleansing products as it has a drawing action and attracts dirt.	Slow	Dry, mature, eczema, psoriasis, acne	2-5 years
Evening primrose	Skin cell regeneration, anti-wrinkle, soothing, Rich in GLA (an omega-six fatty acid), helps skin retain moisture, useful for treating eczema and psoriasis, absorbs quickly.	Quick	Dry, mature, eczema, psoriasis, acne	6 months (2 years with added vitamin E)
Hazelnut	High in vitamins A, B, and rich in Vitamins E Nourishing, softening, soothing for the skin, and useful for	Quick	All skin types esp. acne and eczema, aging skin	3years

	preventing dehydration. Slightly astringent so suitable for the oily skin type & acne, Easily and quickly absorbed by the skin and does not leave it feeling greasy.			
Hemp	Softening, soothing, and healing. Rich in vitamins, minerals, antioxidants and essentially fatty acids including omega 3&6 and GLA. Helps skin retain, moisture, useful for treating eczema and psoriasis. Anti-aging and anti-inflammatory	Non greasy. Quick	All skin type's esp. acne and eczema, aging skin.	6 months (2 years with added vitamin E)
Jojoba	Balancing, softening, soothing, Light, and well-absorbed leaves a silky feeling on the skin. Balances sebum production so great for oily skin, acne, or dry skin. Anti-inflammatory may be used to treat eczema and psoriasis. Jojobas' a liquid wax and is the best vegetable oil occlusive-it forms a thin layer on the skin, preventing transepidermal water loss.	Medium	Mature, dry, oily, acne	5 years
Macadamia	Excellent for anti-aging and anti wrinkle	Medium	Mature, acne, scars,	3 years

	<p>blends due to high contents of palmitic acid which slows the aging process. Emollient, rejuvenating, soothing, protective, easily absorbed.</p>		eczema, sensitive	
Peach Kernel	<p>Nourishing, emollient, softening, soothing. Good for massage as absorbed more slowly than some other oils. Interchangeable with Apricot Kernel.</p>	Medium-slow	Sensitive, dry, mature	2-3 years
Rosehip	<p>Regenerating, rejuvenating, and healing. The only vegetable oil contains retinoic (a form of vitamin A), which helps repair damaged skin, acne, and reduces wrinkles and scars. Good source of essential fatty acids (Omega 3 and 6), which assist with skin regeneration, one of the best anti-aging oils.</p>	Quick	All skin types esp. mature, sensitive, and oily, acne, eczema, scars	6 months (2 years with added vitamin E)
Rice Bran	<p>Good source of Omega 6 and antioxidants. Nourishing and skin softening. Protects against premature aging. Easily absorbed.</p>	Quick medium	All esp. dry, sensitive, baby skin and mature skin	

Sunflower	Softening, nourishing. Rich in vitamin E, 3 & 6. Absorbs well.	Medium quick	Sensitive	2 years
Sweet Almond	Excellent emollient; it softens and smoothes the skin. High vitamins D content means it's great for dry skin. Slowly absorbed by the skin making it preferred oil for massage.	Slowly	Suitable for all skin types. Avoid with nut allergy	2 years

Vitamin E (Avocado Oil, Sunflower, (Hazelnut))	Antioxidant, moisturizing, rejuvenation, anti-ageing, anti-inflammatory. Antioxidants protect skin from free radical damage. Stimulation of cell formation. Clinical improvement in the visible significant decrease in skin wrinkling. Signs of skin aging have been documented with significant decrease in skin wrinkling. Moisture retention capacity of the skin is improved.
Vitamin A (Rosehip Oil)	Improves collagen density, skin elasticity, tone texture, lines & wrinkles, smoothes skin surface. "The primary benefits of vitamin A and its derivatives in cosmetics is their ability to normalize keratinization (horny layers) by regulating skin cell growth and differentiation. It decreased roughness and decreased facial wrinkling. Therefore, vitamin A is often called the "skin normalize" or "rejuvenating agent" (Somerset Cosmetic Company, The Essential Role of Vitamins in Cosmetics)
Vitamin D (Avocado, Sweet Almond)	Protective and rejuvenating effect on aging skin, Vitamin D contributes to skin cell growth, repair and metabolism. It mobilizes the skin's immune system and helps destroy free radicals that can cause premature aging.
Vitamin C	Protects from oxidant damages, skin-lightening, anti-inflammatory effects, improve elasticity.

Pro vitamin B5 (D-Panthenol)	Attracts water to hair & skin so it has a moisturizing, regenerating & softening effect. Enhances the regenerating of the skin.
Essential Fatty Acids (Omega 3 and 6) (Borage, Evening Primrose Hemp, Rosehip)	Oils rich in EFAs enhance the skin barrier function and repair. By improving the skin barrier function, they reduce transepidermal water loss, improve miniaturization, and strengthen the skin's protective role. EFAs also have an anti-inflammatory action and are useful for treating eczema, psoriasis, acne, dry and sensitive skin, and aging damage to the skin from UV radiation.
GLA (an Omega 6 fatty acid)	This EFA is used in cosmetics as an emollient, antioxidant, and cell regulator. GLA is considered to promote healthy skin growth and is an anti-inflammatory agent of great benefits in treating various skin conditions, including dry skin, eczema, inflammation, wounds, and dermatitis.
Antioxidants	Antioxidants protect the cells from damage by molecules called 'free radicals' free radicals initiate the deterioration of your skin's structural support and decrease its elasticity, resilience, and suppleness. They damaged the connective tissue cells, such as elastin and collagen, which cause wrinkles. Applying oils and products rich in antioxidants can help prevent such damaged. Normal cell functions produce a small percentage of free radicals, but these are generally not a problem. External toxins such as cigarette smoke, pollution, alcohol, stress, and UV light are free radical generators.