

Chapter 6 Carrier Oils 2

PRESENTED BY

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Hazelnut Oil

Color	yellow	
Scents	Mind scents	
Stickiness	light, less viscous	
Characteristics and skin absorption	Easily absorbed	
Important chemicals	<ul style="list-style-type: none"> - Various proteins, vitamins, minerals - unsaturated fatty acids and linoleic acid 	
Skin types	Oily skin, combination skin, damaged skin add oiliness to the skin It's an easily absorbed oil. especially facial skin.	
Benefits for skin	<ul style="list-style-type: none"> - Dryness - Wrinkles 	<ul style="list-style-type: none"> - Moisturizing - Revitalizing - Soothing - Softening
How to use	can be used without dilution	
Preservation	It is recommended to store in a cool place.	
Useful life	6 months – 1 year	

Jojoba Oil

Color	golden yellow	
Scents	slightly smelly	
Stickiness	Quite viscous	
Characteristics and skin absorption	very well absorbed Its structure is like liquid wax or sebum.	
Important chemicals	<ul style="list-style-type: none"> - Proteins, minerals, collagen-like substances, and vitamin E - Myristic acid does not contain glycerin. - Has SPF 2-4 sunscreen. 	
Skin types	All skin types, including baby skin Used to wash off makeup after makeup.	
Benefits for skin	<ul style="list-style-type: none"> - Acne - Eczema - Dryness - Flaking - Psoriasis - Soreness - Stretch marks 	<ul style="list-style-type: none"> - Anti-inflammatory - Emollient - Moisturizing - Astringent
How to use	Generally mixed in ground oil, about 30 percent of the total.	
Preservation	store at room temperature	
Useful life	Relatively stable, long life	

Macadamia oil

Color	faded yellow	
Scents	light smell	
Stickiness	very viscous	
Characteristics and skin absorption	very well absorbed Its structure is like liquid wax or sebum.	
Important chemicals	<ul style="list-style-type: none"> - Essential fatty acid Palmifoliic acid - vitamin A 	
Skin types	All skin type	
Benefits for skin	<ul style="list-style-type: none"> - Wrinkles 	<ul style="list-style-type: none"> - Emollient - Rejuvenating - Restorative - Revitalizing - Softening
How to use	Can be used without dilution	
Preservation	Relatively stable Keep away from sunlight and heat.	
Useful life	2 years	

Color	Olive Oil	
	light green	
Scents	olive scent	
Stickiness	very viscous	
Characteristics and skin absorption	Coated the skin	
Important chemicals	<ul style="list-style-type: none"> - Unsaturated fatty acids such as oleic acid, linoleic acid, linolenic acid, Palmitic acid, Stearic acid - Vitamin A, E, K 	
Skin types	dry skin mature skin sensitive skin	
Benefits for skin	<ul style="list-style-type: none"> - Eczema - Psoriasis 	<ul style="list-style-type: none"> - Soothing - Moisturizing - Anti-inflammatory
How to use	To be mixed with other oils in the ratio of 10 percent.	
Preservation	relatively stable Stored in the refrigerator may freeze. and recover at room temperature	
Useful life	1 year	

Rice Bran Oil

Color	light yellow	
Scents	Mild scents	
Stickiness	moderate	
Characteristics and skin absorption	easily absorbed - medium Does not leave stains on the surface	
Important chemicals	<ul style="list-style-type: none"> - rich in antioxidants - gamma-oryzanol UV protection 	
Skin types	Suitable for mature skin, dry skin, cracked skin, sensitive skin, mild, can be used around the eyes. Suitable for children who are allergic to oil from various nuts.	
Benefits for skin	<ul style="list-style-type: none"> - Stretch marks - Inflammation - Scarring 	<ul style="list-style-type: none"> - Astringent - Moisturizing - Nourishing - Softening - Rejuvenating
How to use	The price of oil is not high.	
Preservation	should be stored in a cool place	
Useful life	6 months – 1 year	

Rosehip Seed Oil

Color	Orange, red gold	
Scents	Smells, but smells can be extracted.	
Stickiness	viscous	
Characteristics and skin absorption	slow absorption	
Important chemicals	<ul style="list-style-type: none">- Linoleic acid, linoleic fatty acids, oleic acid, trans- retinoic acid- Various proteins, vitamins such as vitamin A and minerals	
Skin types	All skin types, especially damaged skin	
Benefits for skin	<ul style="list-style-type: none">- Burns- Crow's feet- Scarring- Wrinkles	<ul style="list-style-type: none">- Rejuvenating- Regenerative- Toning
How to use	Can be used without specific dilution. Or mixed with ground oil, about 10-20 percent of the total, should not be used in areas with inflamed acne.	
Preservation	keep in a cool place	
Useful life	6 months	

Peach Kernel Oil

Color	Pale yellow	
Scents	Light, sweet	
Stickiness	Light	
Characteristics and skin absorption	Well absorbed	
Important chemicals	<ul style="list-style-type: none">- Essential fatty acids unsaturated fatty acids- Vitamin A Vitamin E	
Skin types	Dry skin, dehydrated skin, normal skin, sensitive skin	
Benefits for skin	<ul style="list-style-type: none">- Dryness- Flaking	<ul style="list-style-type: none">- Moisturizing- Rejuvenating- Revitalizing- Softening
How to use	can be used without dilution	
Preservation	Store in a cool place away from sunlight.	
Useful life	2 – 3 yrs.	

Sesame Oil

Color	Golden yellow	
Scents	Light to heavy	
Stickiness	similar to sweet almond oil	
Characteristics and skin absorption	Absorbs quickly as a coating film	
Important chemicals	<ul style="list-style-type: none"> - Mono-unsaturated fatty acid, linoleic acids - Protein, amino acids, lecithin and methionine - minerals such as calcium, magnesium, vitamin B, vitamin B, phosphorus 	
Skin types	All skin types, prevent sun damage	
Benefits for skin	<ul style="list-style-type: none"> - Dryness - Eczema - Flaking - Psoriasis 	<ul style="list-style-type: none"> - Moisturizing - Nourishing - Soothing
How to use	Used to mix in the ground oil, about 10 percent of the total.	
Preservation	keep in a cool place away from heat and sunlight	
Useful life	2 – 3 yrs.	

Sunflower Oil

Color	Pale yellow	
Scents	light	
Stickiness	Light not heavy	
Characteristics and skin absorption	moderate penetration	
Important chemicals	<ul style="list-style-type: none">- Enriched with Linoleic acid Omega 3 and 6- Vitamin A, B, D, E	
Skin types	It can be used with all skin types. suitable for dry skin	
Benefits for skin	<ul style="list-style-type: none">- Hemorrhoids- Inflammation- Eczema- Psoriasis	<ul style="list-style-type: none">- Anti-oxidant- Emollient- Nourishing- Astringent
How to use	Can be used without dilution But it is a moderately absorbed oil. It should be mixed with other oils first.	
Preservation	keep in a cool place away from sunlight and heat	
Useful life	1 year	

Sweet Almond Kernel Oil

Color	Clear, light yellow	
Scents	no smell, mild smell	
Stickiness	light, long lasting	
Characteristics and skin absorption	slow absorption	
Important chemicals	<ul style="list-style-type: none"> - Olein, Linoleic acid - Glucosides - Minerals, Vitamin D 	
Skin types	It can be used with all skin types. including sensitive skin It is a very popular oil used in aromatherapy.	
Benefits for skin	<ul style="list-style-type: none"> - Dryness - Inflammation - Itching - Soreness - Wrinkles - Chapping - Rashes - Eczema - Psoriasis 	<ul style="list-style-type: none"> - Emollient - Nourishing - Revitalizing
How to use	Can be used without dilution. Another type of almond oil extracted from bitter almond should not be used, it is dangerous and cannot be used in aromatherapy.	
Preservation	should be stored in the refrigerator	
Useful life	6 months - 1 year	

Wheat germ Oil

Color	yellowish orange	
Scents	Light	
Stickiness	heavy and viscous	
Characteristics and skin absorption	slow, difficult to absorb	
Important chemicals	<ul style="list-style-type: none"> - Rich in vitamin E, vitamin B1, B2, B3, B6, minerals, phosphorus, zinc, iron, potassium, sulfur. - natural antioxidants - proteins and essential fatty acids linoleic acid 	
Skin types	All skin types	
Benefits for skin	<ul style="list-style-type: none"> - Eczema/ Psoriasis - Inflammation - Scarring 	<ul style="list-style-type: none"> - Emollient - Soothing
How to use	Used to mix in ground oil, about 2-5 percent of the total. Avoid use in patients with Celiac Disease (celiac disease) or those who are allergic to wheat protein.	
Preservation	keep in a cool place away from heat and sunlight	
Useful life	6 months - 1 year	

Mineral oil

White Oil or Mineral Oil is the most commonly used area oil. Because the quality is good and the price is still cheap.

Mineral oil is obtained by distillation of petroleum. The type and amount of mineral oil extracted depends on the type of crude oil being refined.

Some crude oils are not suitable for mineral oil production. Cosmetic mineral oil is a highly refined type of oil.

Appearance is a clear liquid, colorless, odorless, not rancid, acts as a coating film to cover the surface. reduce water loss moisturize the skin Prevent dry, scaly skin, reduce itching and skin irritation.

How to use an oil

order	Name of oils	Products
1	Apricot oil	skin care, hair care, massage
2	Argan oil	Skin Care, Hair Care, Nail Care, Cosmetics
3	Avocado oil	food, skin care, hair care
4	Borage Oil	Food, skin care, massage, cosmetics, medical use
5	Camellia tea oil	Food, skin care, hair care, cosmetics
6	Castor oil	skin care, cosmetics
7	Coconut oil	Food, skin care, hair care, massage, cosmetics, household products
8	Evening Primrose Oil	Skin Care, Hair Care, Nail Care, Cosmetics
9	Grape seed oil	Food, skin care, massage, perfume
10	Hazelnut oil	Food, skin care, hair care, massage

How to use an oil

order	Name of oils	Products
11	Jojoba oil	Skin care, hair care, cosmetics
12	Macadamia oil	Skin care, hair care, cosmetics, baby products
13	Olive oil	Food, skin care, hair care, cosmetics
14	Rice bran oil	Food, skin care, massage
16	Rosehip oil	Skin care, massage, cosmetics
17	Sesame oil	Skin care, hair care, massage, cosmetics
18	Sunflower oil	Food, skin care, hair care, cosmetics
19	Sweet Almond Oil	Food, skin care, hair care, massage, cosmetics
20	Rice germ oil	Food, skin care, cosmetics

Skin type

- Normal skin

- Normal skin is characterized by soft facial skin, fine pores. And rarely have problems with pink skin color, good circulation and have good flexibility An example of a suitable carrier oil is grape seed oil. Sunflower seed oil, sesame oil, sweet almond oil apricot oil Marigold oil.

Oily skin

- Oily skin has a shiny appearance, especially in the T-zone. (Forehead-nose-chin) has wide pores, caused by the sebaceous glands on the face producing excess oil, therefore often having problems with pimples and acne easily, but the oiliness is like a film on the skin, not to be lost. loss of moisture Those with oily skin therefore do not wrinkle easily. An example of a suitable carrier oil is grape seed oil. Sunflower Seed Oil Jojoba Oil Sweet Almond Oil

Skin type

Dry skin

- Dry skin is prone to itching. When faced with cold and dry air The skin is rough. Responds quickly when interacting with external factors such as cold temperatures, dry skin is often rough. Because dry skin tends to lack moisture and fat. prone to itching as well as making it more sensitive to environmental factors when feeling irritated An example of a suitable carrier oil is sweet almond oil. rice germ oil avocado oil olive oil

Mature skin

- Mature skin Acne problems began to decrease. But often encounter the problem of dry skin, lack of moisture. You should apply skin care products that are suitable for your skin type. to maintain moisture Prevent premature aging Treats the skin gently and according to the type of skin. Examples of suitable carrier oils include jojoba oil, sweet almond oil. wheat germ oil avocado oil apricot oil Marigold oil

Skin type

Blemished skin

- Pigmented skin tends to produce more oil than necessary. due to large pores oily skin prone to clogging of dirt Examples of suitable carrier oils include sesame oil, jojoba oil, sweet almond oil. apricot oil Marigold oil.

Sensitive skin

- Sensitive skin reacts sensitive to environmental influences. or external influences such as stress, dry air from heating systems, or UV light Yes Tightening and itching are often red. Suitable carrier oils are sesame oil, jojoba oil, apricot oil. Marigold oil

Conclusion

Carrier oils or base oils are essential for essential oils. acts as a solute or dilute essential oils and bring the essential substances contained in essential oils to the skin better

Cold pressed vegetable oils contain essential fatty acids and vitamins including A, D, E and GLA. These nourishing oils can help lower cholesterol levels. but also can strengthen cell membranes, slow down aging and help fight free radicals

Conclusion

In the extraction of the carrier oil, it is often used by squeezing or Cold pressing at a low temperature or about 60 degrees Celsius to prevent the chemical compounds in the oil from decomposing.

Carrier oils are extracted from the pulp, seeds and nuts, which can be extracted in a number of ways. But should be selected as a plant that is extracted without using heat to prevent the decomposition of various substances Avoid extraction with harmful agents that can be toxic to the body. Including oils that have undergone chemical processes such as bleaching, bleaching, smelling, which loses its existing value.

Conclusion

Carrier oils can turn rancid and oxidize, so they should be stored in the dark or in the refrigerator. Or buy in small quantities, preferably, such as wheat germ, is a small percentage carrier oil and is often used in conjunction with other carrier oils.

Each type of carrier oil has specific properties. In selecting carrier oils to dilute essential oils. It is necessary to know the properties of each carrier oil. so that the carrier oil can be a suitable solvent Helps to lubricate and increase the efficiency of skin absorption of essential oils better.