

Skin Care Oil with Essential Oils

When applying essential oils on the skin, a carrier oil should always be added to the blend. The importance of using a carrier oil is to dilute the essential oils to protect the skin from becoming irritated. Remember, essential oils are potent.

There are many different carrier oils:

- Sweet almond
- Flaxseed
- Jojoba
- Olive
- Avocado
- Grapeseed
- Kukui Nut
- Sesame
- Borage (dilute with another carrier oil)
- Hazelnut
- Macadamia Nut

Walnut

The skin is a very resilient organ of the body. After being scraped, cut, burned, or scratched, it can miraculously heal itself quickly. If treated properly, the skin will show little sign of wear and tear over the years.

Combine ingredients to make your own formula for your skin care needs. Before using, wash your skin thoroughly, then massage in a portion of the formula. Apply Daily.

Normal Skin

- Chamomile 10 drops
- Lavender 10 drops
- Rose 10 drops
- Frankincense 10 drops
- Jasmine 10 drops
- Geranium 10 drops

Dry Skin

- Sandalwood 10 drops
- Lavender 10 drops
- Patchouli 10 drops
- Geranium 10 drops
- Rosemary 8 drops
- Chamomile 10 drops

Oily Skin

- Ylang Ylang 10 drops
- Lemon 5 drops
- Cypress 5 drops
- Orange 8 drops
- Juniper Berries 8 drops

Problem Skin

- Myrrh 10 drops
- Chamomile 10 drops
- Lavender 10 drops
- Patchouli 10 drops
- Sandalwood 10 drops
- Frankincense 10 drops
- Tea Tree 10 drops

Essential oils are highly concentrated and should always be used with caution. Keep out of reach of children.

I am not a doctor nor intending to give any medical advice. This information is for general information and reference only.

CC's S.O.U.L. Food

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