

Facial oils for Summer

Workshop 3

In this workshop we are going to adjust our base oil and make two different combinations.

One for skin with overly active oil production and, or, very hot weather

Second for older dryer skin that may be thinning and need of support

#2 Facial Oil Blend to calm over active oil glands and for very hot weather

Measurements	Combination #2	Contributes	properties	%
30 ml	Camellia	monounsaturated	A dry oil , absorbs well and able to calm over active oil glands	50%
1 TBS 15 ML	Raspberry	Linoleic acid, and a-linolenic acid	Provides both essential fatty acids and some beta carotene - sun protective reputation	24%
2 tsp 10 ml	Nigella, Black seed	High in omega 6 fatty acids	spicy oil that has 100's of unsaponifiable compounds along with sterols, vitamin E and squalene	16%
1 tsp 5 ml	Watermelon seed	Introduces linoleic acid	carotenes and plant sterols - calm inflammation	8%
1/4 tsp	Buriti	strongly orange with beta carotenes	antioxidant and protecting skin from cell damage	2%

Our second combination will address conditions for older dryer skin that may be thinning and need of support.

As we age our skin does not produce lipids to the same degree as when we are younger.

We can help supplement important skin lipid compounds by applying them to the skin topically.

#3 Oil for very dry skin and support of collagen health

Measurements	Oils	Contributes	Properties	%
20 ml 1TBS+1tsp	Avocado	monounsaturated with omega 7 important for skin health	protective, Omega 7 fatty acids	32%
1 TBS 15 ML	Pracaxi	Protective very long chain fatty acid behenic acid	Multi protective - hyperpigmentation	25%
1 TBS 15 ml	Rice bran, or (Amaranth)	Linoleic acid,	Squalene and Plant sterols calm inflammation protecting collagen health	25%
2 tsp 10 ml	Pomegranate	CLnA - helps thicken thinning skin	Squalene and conjugated fatty acids	16%
1/4 tsp	Buriti	strongly orange with carotenoids	antioxidant, protecting skin from cell damage	2%

Measurements - equivalency between standard measure

2 Oz	1/4 cup	4 Tbs	50 ml		
1 Oz	1/8 cup	2 Tbs	30 ml	6 tsp	(coffee measure)
1/2 Oz		1 Tbs	15 ml	3 tsp	
			10 ml	2 tsp	
			5 ml	1 tsp	100 drops
			2 1/2 ml	1/2 tsp	50 drops
			1 1/4 ml	1/4 tsp	25 drops