

# Facial oils for Summer

## Workshop 1

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### Carotenoids ~ The red oils

#### Strong red oils, usually need diluting

Buah merah oil

#### \*Buriti oil

Tucuma oil

Sea Buckthorn pulp oil

Rose hip seed oil - unrefined

Caiaue, aka Ojon oil

African palm pulp oil - an unrefined saturated butter

#### Light red-orange oils

\*Raspberry

Sea buckthorn seed oil

Cranberry seed oil

Coriander seed oil

Tomato seed oil

Goji seed oil

#### Hidden carotenes, brown and some green oils

\*Avocado

\*Nigella

\*Baobab

\*Watermelon

Olive

# Measurements ~

## equivalency between standard measures

When I want to work out a new combination I like to feel my way like I might in the kitchen, so I'll treat the process like I am cooking a meal and use kitchen tools as measurements.

Then, when I am happy with my combination I'll uplevel to using percentages, a scale and weights to formalize my work so that it can be scaled up for volume and consistency.

The chart below will give you some basic equivalent measurements to get you started; ounces, milliliters, and the kitchen utensils you can use to make up any small trial combination.

2 Oz	1/4 cup	4 Tbs	50 ml		
1 Oz	1/8 cup	2 Tbs	30 ml	6 tsp	
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