

Facial oils for Summer

Workshop 2

This a template of our base oil blend designed for summer protections and support of the skin

Our Base Facial Oil Blend #1

Measurments	Oils	Contributes	Properties	%
coffee measure/ 2 TBS 30 ml	Avocado	monounsaturated with omega 7 import for skin	protective, withstands oxidation	50%
1 TBS 15 ML	Watermelon seed	Introduces linoleic acid	Small amount of carotenes and generous plant sterols	24%
2 tsp 10 ml	Baobab	Balanced fatty acid profile	longevity- plant sterols protective and anti inflammatory Tocopherols antioxidant Squalene	16%
1 tsp 5 ML	Raspberry	Linoleic acid, and a-linolenic acid	Provides both essential fatty acids and some beta carotene - sun protective reputation	8%
1/4 tsp	Buriti	strongly orange with beta carotene	antioxidant and protecting skin from cell damage	2%

Measurements ~

equivalency between standard measures

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

Then when I am happy with my combination I'll uplevel to using 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	(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