Day 3 - foundation oils

We began by identifying the skin condition we wanted to create a facial oil to treat. On day two, we reviewed the types of oils available to address the skincare issues we want to treat

Today, we look at foundation oils, oils that make up the largest percentage of our formula.

Good foundation oils are usually dominant in a significant, common fatty acid that fall into three types:

Rich and balanced oils are often monounsaturated fatty acid oils - oleic acid -

Almond, apricot, olive, camellia, hazelnut, moringa, avocado

Light, absorbing, and nourishing oils are often polyunsaturated fatty acid oils - generally high in linoleic acid as the dominant fatty acid.

Grapeseed oil, passion flower seed oil, cucumber seed oil,

Rich, viscous, silky oils are often 20+ carbon chain dominant oils with very long carbon chains.

Meadowfoam, jojoba, Abyssinian, daikon radish seed oil,

Will the base oils be light and easily absorbed? Or will the formula be rich, protective, and nourishing? Can they have elements of both?

Each of these groups has value for different types of skin conditions. Think of them as a foundation, a base, for your blend.

Today's activity….

Using today's list of potential Foundation oils, choose five to seven oils that could serve as a good base for your facial oil.

By combining foundation oils, one to three or four different oils, you can address more than one aspect of your skin's needs in your formula outline.

Use this table to make notes on your process:

Oil	Property 1	Property 2	Property 3

Notes: