

Creating a Custom Facial Oil - 2024 - Foundation oil suggestions

	skin feel	for oily skin	Mature skin	Absorption	Protection	Nourishing	Scent
Rich feeling oils							
Abyssinian seed oil	rich full		x	x	long chains		little to no scent
Argan oil	rich	x	x	xx	balanced	x	can be strong smelling
Avocado oil	rich		x	x	mono	x	no scent usually
Baobab oil	rich protective		x	x	balanced	x	no scent usually
Coffee (green) seed oil	rich		x	x	palmitic	x	slightly of coffee
Macadamia nut oil	rich		x	x	mono	x	can be vary nutty
Oat seed oil	rich		x	xx	x	antioxidant	light fatty grain
Plum kernel oil	rich			x	monounsat	x	marzipan scent
Pomegranate oil	rich protective	xx	xx	x			
Wheat grem	rich full		x	x	x	omega-3	fatty grain
Light feeling oils							
Amaranth seed oil	light		x	xx	antioxidant	x	grassy
Camelina oil	light	x		xx	x	omega-3	light nutty, seedy
Cucumber seed oil	light	x		xx	x	omegaa-6	cucumbers
Hibiscus seed oil	light	x		xx		omegaa-6	old Hawaii :)
Kukui nut oil	light	x	x	xx		omega-6+3	none
Passion fruit seed oil	light	x	x	xx		omegaa-6	exotic fruity
Sacha inchi	light	x		xx		omega-6+3	pale
Watermelon seed oil	light	x		xx		omegaa-6	none
Dry, not oily feeling oil							
Camellia seed oil	dry (not oily)	x	x	xxx	x	x	none
Hazelnut oil	dry (not oily)	x	x	xxx		x	hazelnuts nutty
Joboba oil	protective	x	x	xx	x	liquid wax	none
Evening primrose oil	light nourishing	x	x	xxx	x	GLA	
Cranberry seed oil	balanced dry	x	x	xx	x	x	light fruity scent
Balanced profile							
Argan oil	rich	x	x	xx	x	x	can be strong
Baobab oil	balancing	x	x	xx	x	x	fatty nut scent
Blueberry seed oil	blaancing		x	xx		x	can be fruity
Cranberry seed oil	balancing	x	x	xx	x	x	fruity
For Oily Skin							
Camellia seed oil	dry (not oily)	x	x	xxx	x		none
Hazelnut oil	dry (not oily)	x		xxx	x	x	hazelnuts nutty
Kukui nut oil	light	x		xxx	x	x	none
Hibiscus seed oil	light	x		xxx		x	old Hawaii :)

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Mature skin							
Argan oil	rich	x	x	xx	x	x	can be strong
Avocado oil	rich		x	x	x	x	no scent usually
Jobba oil	protective		x	x	x		none
Macadamia nut oil	rich		x	x		x	can be vary nutty
Pracaxi oil	rich protective		x		x	x	distinctive scent
Protective							
Abyssinian seed oil	rich full		x	x	20 plus carbon		little to no scent
Andiroba	rich protective	x		x	x	x	extreme bitter
Daikon radish seed oil	silky	x			20 plus carbon		none
Jobba oil	protective	x	x	x	20 plus		
Meadowfoam seed oil	protective silky		x		20 plus		little scent
Pracaxi oil	rich protective		x	x	20 plus	x	distinctive scent
Manketti oil	viscous		x	x	Conjugated	x	no scent
Pomegranate seed oil	viscous	xx	xx	x	Conjugated	x	no scent usually
Very Nourishing							
Amaranth	light		x	xx		squalene	grassy scent
Argan oil	balanced dry	x	x	xx	x	balanced	can be strong smelling
Avocado oil	rich		x	x	x	monounsaturated	no scent usually
Baobab oil	balancing		x	x	x	x	fatty nut scent
Macadamia nut oil	rich		x	x			can be vary nutty
Oat seed oil	rich		x	x	x	vitamins	light fatty grain
Prickly pear seed oil	silky		x	xx	x	tocopherol	light scent
Wheat grem	rich full		x	xx	x	LNA	fatty grain
Fruity scented							
Blueberry seed oil	blaancing		x	xx			can be fruity
Cherry kernel oil	body	x		x	x		marzipan
Cranberry seed oil	balancing		x	xx		x	fruity
Cucumber seed oil	light	x		x		x	cucumbers
Guava seed oil	yummy	x		x		x	exotic fruity
Passion fruit seed oil	light	x		xxx		x	exotic fruity
Plum kernel oil	rich			xx	x	monounsaturated	marzipan
Little to No Scent							
Abyssinian seed oil	rich full		x	xx	x		little to no scent
Avocado oil	rich		x	x	x	x	no scent usually
Almond oil	protective		x	x	x	monounsaturated	no scent usually

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Camellia seed oil	dry (not oily)	x	x	xx	x		none
Daikon radish seed oil	silky	x		x			none
Joboba oil	protective		x	xx	x		none
Kukui nut oil	light	x		xxx		x	none
Marula oil	protective silky		x	xx	x		no scent usually
Peach kernel oil	soft silky			xx	x		none
Watermelon seed oil	light	x		xx		x	none

Table 1