CARRIER OILS

Focus on astringency, lesson 2

Carrier oils go by many other names depending on their use, which we covered in video #1.

In the first video, we examined three oils with very different properties—and there are many more oils we can use for the skin.

In this second lesson, we will examine the astringent qualities of some oils and their effects on the skin.

Astringency in plants comes from compounds called tannins; just like a strong cup of tea, the astringent property will make your mouth pucker and tighten. On the skin, this quality helps to improve circulation in the skin and tone and tighten tissues.



CAMELLIA SEED OIL





Camellia seed oil

Camellia seed oil is monounsaturated with Oleic acid dominant (vellow color) containing tanning giving the oil an astringent effect. On the skin, the oil gives a dry rather than oily feel.

Watermelon seed oil

Watermelon oil is a light oil and nourishing with sterols, tocopherols and squalene giving the oil antioxidant, antiinflammatory protection to the skin.

Meadowfoam seed oil

Meadowfoam seed oil is monounsaturated but has carbon chains of 20+ carbon atoms, longer than the usual 16 and 18 carbons. Few fatty acids are shared with camellia and watermelon oil - thus, the different colors of the pie charts.

These three oils are our starting point, and we will adapt them to demonstrate the possibility of formulating with carrier and lipid oils.

In this first adaptation, we intend to create a very 'dry' combination. To do this, the percentage of the camellia oil in our base has grown from one-third to half of the total formula.

By changing the proportions, we can adjust a formula significantly. To increase the percentage of camellia oil, we needed to reduce the other two to 25 percent.

1st 'dry' combination

astringency 50% camellia seed oil

| Proportions | Oils | Contributes | Properties | Notes #3 |
|------------------------------|------------|-----------------------|------------------------------------|---|
| 1/2 of the formula 50% | Camellia | Oleic acid | Tannins, astringency | Camellia seed oil |
| 25% | Watermelon | Linoleic acid | tocopherols squalene sterols | Cleo 25 Polnic Balance 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 |
| 25% | Meadowfoam | very-long chain FA | Protection for skin and FA | Ecoseroc 201 201 MEADOWFOAM SEED OIL |

Something as simple as changing the proportions in a formula can change its actions on the skin without adding any other oils.

We can adjust the formula yet again. We can use a different oil with similar properties and add oils that contribute astringency and other valuable compounds for the skin.

In our second combination, we'll use two new oils. First, swap out the camellia for hazelnut, a similarly dry oil with tannins. The oil also offers antioxidant tocopherols and anti-inflammatory plant sterols.

The second oil we are introducing to the formula is rosehip seed, another dry oil. Additionally, rose hip seed oil adds the second essential fatty acid, a-linolenic acid,

2nd 'dry' combination

focusing on astringent, 40% hazelnut + 10% rosehip

| Proportions | Oils | Contributes | Properties | Notes #3 |
|-------------|------------|-------------------------|----------------------------------|--|
| 40% | Hazelnut | Tannins, astringency | | HAZELNUT OIL |
| 25% | Watermelon | Linoleic acid | squalene sterols | WATERMELON SEED OIL |
| 25% | Meadowfoam | very-long chain FA | Protection for skin and FA | Fairs 22 des Barlos L'enerse 23 des Barlos L'enerse 23 des Barlos |
| 10% | Rose hip | Tannins provitamin A | | Rose HIP SEED OIL |