

WHAT ARE CARRIER OILS LESSON 3

In video #1, we got acquainted with three oils that could provide a range of properties for our base blend: **camellia, watermelon, and meadowfoam**. The three oils combined can

- help stimulate and tone the epidermal layer with astringent tannins
- support the skin barrier function
- provide the outer layer of skin (stratum corneum) protective very-long fatty acid chains and support ceramide formation

In video #2, to our three oil combination, we elected to increase the astringency of the formula;

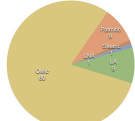
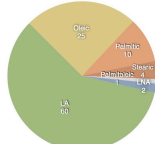
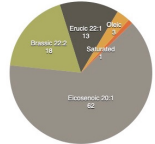

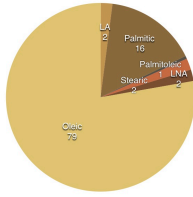
- help calm the excessive production of natural skin oils
- tone and stimulate the outer layer of the skin
- add additional antioxidant, anti-microbial anti-inflammatory properties

We did this by doubling the percentage of our original dry oil, **camellia**, and reducing the watermelon and meadowfoam oils. In our second adaptation, we switched camellia for hazelnut and added 10% rose hip seed oil for its many benefits.

In this lesson #3, we'll add to our base oils to focus on creating an antioxidant oil - protection from excess oxidative damage to the tissues.

- **Camellia seed oil**
- **Watermelon seed oil**
- **Meadowfoam seed oil**

first adaptation; antioxidant protection

Proportions	Oils	Contributes	Qualities	Notes #2
30%	Camellia seed oil	Oleic acid	Tannins, astringency	 CAMELLIA SEED OIL
35%	Watermelon	Linoleic acid	Squalene Sterols	 WATERMELON SEED OIL
30%	Meadowfoam seed oil	Very-long chain FA	Stability protection	 MEADOWFOAM SEED OIL
5%	Buriti oil	Oleic acid high beta-carotene	 Carotenes	 BURITI OIL

In our first adaptation, we will add very red Buriti oil

Buriti is another oil high in beta-carotene that can halt free radical cascade and tissue damage.

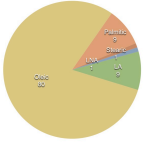
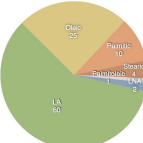
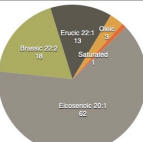

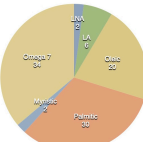
The Buriti we've used at 5% is high-colored—similar to sea buckthorn berry oil—and will prevent staining and make light skin too yellow-orange.

second adaptation; antioxidant protection

We keep our three base oils and add a small percentage of **Sea buckthorn berry oil**.

What the oil has is a strong showing of

- beta-carotene, as it is very highly colored orange/red, beta-carotene is very antioxidant
- palmitoleic acid, an omega-7 fatty acid that improves skin barrier function and

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30%	Meadowfoam seed oil	Very-long chain FA	Stability protection	 MEADOWFOAM SEED OIL
5%	Sea Buckthorn berry oil	Palmitoleic/ Palmitic/Oleic acids	 Carotenes	 SEA BUCKTHORN BERRY OIL

- increases skin elasticity while reducing wrinkle formation

We've used sea buckthorn at 5% due to its high color to prevent staining the skin and making light skin too yellow or orange.