

Facial oils for Summer

Workshop 4


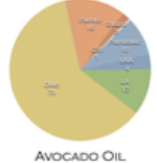

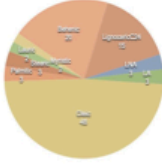

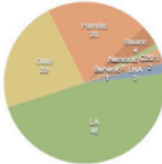

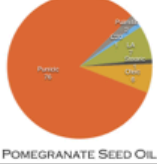

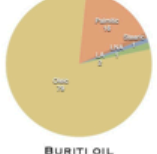
Our third combination will address conditions for older dryer skin that may be thinning and need of support.

As we age our skin does not produce lipids to the same degree as when we are younger.

We can help supplement important skin lipid compounds by applying them to the skin topically.

Formula #3, Oil for very dry skin and supporting collagen health

Summer formula #3

	Oil	Contributes		%	pie
20 ml 1TBS+1tsp	Avocado	monounsaturated protective, Omega 7 fatty acids		35%	 AVOCADO OIL
1 TBS 15 ML	Pracaxi	Behenic acid Protective very long chain Multi protective - hyperpigmentation, speed wound healing		25%	 PRACAXI OIL
1 TBS 15 mil	Amaranth	Linoleic acid, Skin barrier Squalene and Plant sterols, anti inflammatory, protects the collagen layer		20%	 AMARANTH SEED OIL
2 tsp 10 ml	Pomegranate	CLnA, Squalene and Punicic fatty acids - help to thicken thinning skin, firm tissues.		16%	 POMEGRANATE SEED OIL
1/4 tsp	Buriti	strongly orange with carotenoids - this is 4% so adjust the formula if too red orange.		4%	 BURITI OIL

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.

This chart 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

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.

Notes: