

Lipid Oils Blueprint

Healing Fraction - Quick Reference Guide, video 2

The oils and fats are composed of two types of compounds: the **fatty acids** of which there are hundreds, and the **non-fatty acid** very small part that figure in the thousands.

These compounds are primarily **antioxidant and anti-inflammatory** and play significant roles in maintaining the health of the skin. And also what can be refined out.

Polyphenols; Flavonoids, and Phenolic acids

Flavonoids, phenolic acids, tannins, and lignans;

Have powerful effects on the skin.

Help minimize inflammation, and protect the skin from environmental stressors like pollution and UV damage

Olive oil, Açai oil, Argan oil, Pomegranate seed oil

Vitamin E; Tocopherols, and Tocotrienols

A group of eight isomers that provide powerful antioxidant properties.
alpha- (α -), beta- (β -), gamma- (γ -), and delta- (δ -) each

Natural antioxidant preservatives found in all oils, generously in a few

Wheat germ, Rice bran, Pomegranate, and Raspberry seed oil

Carotenoids; α -, γ -, β -carotene, Lutein, Zeaxanthin, Lycopene, +





Beta-carotene is the primary antioxidant in many oils,

Seen in red, orange, and golden yellow oils

Protects the skin from environmental damage, including UV rays and pollution

Rose hip seed oil, Sea buckthorn oil, Buriti oil,

Storing your oils - all oils should be cool and dark to preserve the useful life of the oil as long as possible. Oils degrade in the following order:

 light,  Heat,  Air, and slowly, over  time

Protecting your oils from the first three will extend the time factor they are useful

How do you store your oils?