

Lipid Oils Blueprint

Oils for the Skin - Quick Reference Guide, video 3

💧 Lipid compounds help maintain hydration by preventing trans-epidermal water loss (TEWL), mimicking the compounds found in the skin.

🌻 Our skin is made up of many of the same fatty acids, waxes, and sterols as are found in the oils and butters from the plant world.

🍎 Not all oils act the same on the skin. In this lesson, we'll look at how fatty acids and unsaponifiables guide you to the right oil for each skin concern. Use this quick guide as a starting point.

Dry / Dehydrated Skin - *oils with saturated and monounsaturated fatty acids*

Avocado - oleic-rich, nourishing

Baobab - balanced fatty acids, rich nourishing

Oily / Acne-Prone Skin - *emphasize oils with linoleic acid*

Grapeseed - high linoleic, lightweight

Hemp seed - balanced omega-3 & 6, polyunsaturated fatty acids

Mature Skin - *rich oils with omega-7 monounsaturated fatty acid*

Pomegranate - punctic polyunsaturated fatty acid

Sea buckthorn - carotenoids + antioxidants

Sensitive / Reactive Skin - *mild oils with oleic acid and infused calendula*

Calendula-infused oil - soothing, anti-inflammatory

Almond oil - oleic acid, vitamin E

Barrier Repair / Compromised Skin - *emphasize linoleic and GLA polyunsaturated*

Borage - GLA, gamma linolenic polyunsaturated acid, rich, calming

Safflower - linoleic polyunsaturated fatty acid, lightweight barrier repair

Section 2: Fatty acids → match to skin need

- **Linoleic acid** - polyunsaturated - for compromised skin, eczema, dermatitis, itching and barrier repair.

- **Saturated, Palmitic and Stearic acids** occlusive, able to protect from TEWL, moisture loss through the skin.
- **Oleic acid, monounsaturated** - protective while being softening and anti-inflammatory regulating
- The full course, **Lipids Decoded**, gives you the complete system of fatty acids, over 34, that impact the skin's health and ability to function properly

Section 3:

- Consider the number of oils - around 200 - and the applications and skin conditions that can benefit from their use
- The complete system to match oils to skin conditions, choose substitutes, and create targeted formulations is what will facilitate your growth as a formulator.