

Lipid Oils Blueprint

Fatty Acids - Quick Reference Guide, video 1

All oils are made up of **nearly 100% fatty acid chains** of carbon atoms:

🥥 **Saturated fatty acids** – red/ orange, occlusive, dense, slow to absorb, and protective.

The carbon chain is fully saturated with hydrogen atoms, making solid or semi-solid fats or butters. Stable with extended shelf life.

Cocoa butter, Shea butter, Tallow, Ghee

🥑 **Monounsaturated fatty acids** – yellow, soft, balancing, medium absorption.

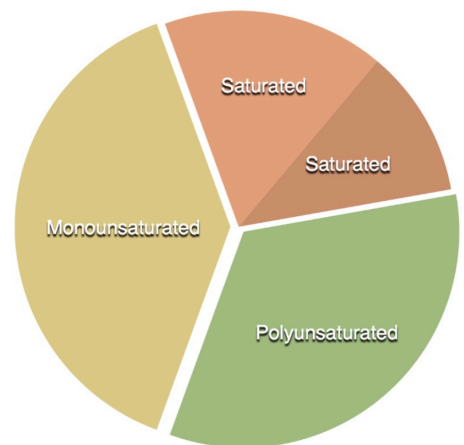
No longer solid butter, liquid oils protect the outer skin layers. Softens and conditions the skin while providing balance and protection.

Olive oil, Avocado oil, Argan oil

🌹 **Polyunsaturated fatty acids** – green - light feeling on the skin, fast-absorbing, delicate.

This group of fatty acids includes the two essential fatty acids, **EFA**. They are light, delicate oils that are prone to oxidation and rancidity, requiring careful storage.

Rose hip seed oil, Evening primrose oil, Hempseed oil



3 TYPES OF FATTY ACIDS

📖 Fatty Acids

They determine the protective nature of the skin barrier function

They contribute to the shelf life of the oil

They contribute to the skin's natural lipid matrix and can remedy deficiencies

🌻 Check your favorite carrier oils, where do they fit?