



## List of carrier oils

Revision date: 23-JAN-2024

Approved by: Dr. Patty Ranaivo

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### 1.0 Purpose & Scope

The purpose of this document is to provide a non-exhaustive list of carrier oils that can be used to dilute essential oils before application onto the skin and/or hair.

The scope of this document is limited to a list of carrier oils and their absorption rate.

### 2.0 Associated documents

Check Makaanina website ([www.makaanina.com/library](http://www.makaanina.com/library)) for any other documents that can be associated with this current document.

### 3.0 Definition

- 3.1 Very fast absorption rate: Carrier oils with a very fast absorption rate are characterized by their rapid penetration into the skin's outermost layers. These oils are often referred to as "drying" because they do not linger on the skin's surface, and they do not leave behind a noticeable greasy residue.
- 3.2 Fast absorption rate: Carrier oils with a fast absorption rate are characterized by their lightweight and are rapidly absorbed by the skin. Unlike very fast-absorbing oils, when applied to the skin, they leave the skin feeling soft, moisturized, and nourished without a heavy or greasy sensation.
- 3.3 Average absorption rate: Carrier oils with an average absorption rate offer a balanced compromise between rapid absorption and the creation of a silky texture on the skin. When applied, they impart a sense of skin comfort without any extreme dryness and greasiness.
- 3.4 Slow absorption rate: Carrier oils with a slow absorption rate are gradually absorbed into the skin over time. They tend to leave a subtle, though perceptible, oily residue on the skin's surface, providing prolonged moisturization. These oils can be useful where a longer-lasting barrier effect is desired, such as in massage.
- 3.5 Very slow absorption rate: Carrier oils with a very slow absorption rate are absorbed slowly over an extended period. They tend to leave a long-lasting, dense, oily, and protective layer on the skin's surface. To improve their fluidity, they require gentle and continuous friction to get absorbed by the skin.

Note: Absorption rates classification and definition are general, and these rates can vary depending on the sources of the carrier oils and factors such as their composition.

### 4.0 List of carrier oils per absorption rate

Very fast	Fast	Average	Slow	Very slow
Hazelnut oil	Grape seed oil	Argan oil	Baobab oil	Castor oil
Rosehip seed oil	Prickly pear oil	Avocado oil	Olive oil extra virgin	Coconut oil
	Safflower oil	Hemp seed oil	Sunflower oil	Macadamia nut oil
		Joboba oil	Sweet almond oil	Neem oil
		Marula oil	Tamanu oil	
		Sesame oil		

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**5.0 Use of carrier oils with essential oils**

In the context of essential oil, carrier oils act as a medium for dilution, facilitating essential oils application, aiding in their absorption and distribution through the skin layers and into the body while minimizing the risk of skin irritation and adverse reactions.

The combined carrier and essential oils can influence their therapeutic effects and specific purposes.

**6.0 General Safety and Caution Information**

Essential oils are powerful plant oils that can be beneficial but must be used safely. Always prioritize safety and consider seeking professional advice when in doubt. Here are some important rules to follow:

- Before using any new essential oil, always do a patch test by putting one or two drops on the inside of the wrist or elbow for 24 hours to see if irritation or reaction occurs.
- Never put essential oils directly on wounds, sensitive areas of the body, eyes, or ear canals.
- Avoid going out in the sun after using certain essential oils, as they can make the skin sensitive.
- Essential oils have substances that some people may be allergic to, so caution shall be exercised.
- Control the amount of essential oil put on the skin by diluting it.
- Essential oils are mainly meant for adults, not infants, children, pregnant women, people with health conditions, or people under prescription medications.
- For people with lung, liver problems, or asthma, seek professional advice before using essential oils.
- It's important not to use essential oils for a long time without talking to a health provider.

We recommend not taking our essential oils internally.

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