

4 Categories of CARRIER OILS to Know

1 Beginner Oils: *Olive and Coconut*



The best place to start is at the beginning, and for DIY aromatic and herbal preparations, that's right in your own kitchen.

🌿 Olive Oil

🌿 Coconut Oil

Choose these when: *Quick dilutions with what you have on hand; enhancing skin healing; use in a drink or culinary preparation.*

2 Nut & Seed Oils: *Almond and Jojoba*



Probably not in your kitchen for cooking, but these oils are still very commonly purchased, easy to work with, and rich sources of skin-health nutrients.

🌿 Almond Oil

🌿 Jojoba Oil

Choose these when: *Skin is dry or inflamed; nutrients are lacking; versatility and ease of use are desired.*

3 Fruit Oils: *Apricot, Avocado, and Grapeseed*



Easy to remember thanks to kitchen staples, these oils typically come from the seeds of their respective fruits, as is the case with the other carrier oils.

🌿 Apricot Oil

🌿 Avocado Oil

🌿 Grapeseed Oil

Choose these when: *Creating a massage oil; looking for deep hydration; creating chapsticks and balms.*

4 Essential Fatty Acid Oils: *Borage and Evening Primrose*



While most of the carrier oils we've talked about and what is on the market are decent sources of essential fatty acids, some oils are considered good sources of these vital nutrients.

🌿 Borage Oil

🌿 Evening Primrose Oil

Choose these when: *Resolving topical inflammation; essential fatty acid deficiency/imbalance is a problem.*