



Carrier Oil Cheat Sheet

	NORMAL SKIN	DRY SKIN	OILY SKIN	SENSITIVE SKIN	BLEMISHED SKIN	MATURE SKIN	BENEFITS
ARGAN OIL	✓	✓	✓	✓	✓	✓	Full of anti-oxidants, great for aging skin, damaged skin & scarring. Improves elasticity of skin
COCONUT OIL	✓	✓	✓	✓	✓	✓	Protective & soothing, good for most skin types
GRAPE SEED OIL	✓	✓	✓	✓	✓	✓	Moisturizing, soothing, good for acne prone skin
JOJOBA OIL	✓	✓	✓	✓	✓	✓	Great for all skin types. Soothing, conditioning, healing & moisturizing
ROSEHIP OIL	✓	✓	✓	✓	✓	✓	Great anti-aging oil, full of anti-oxidants, moisturizing, stimulating, regenerating & toning
SWEET ALMOND	✓	✓	✓	✓	✓	✓	One of the most popular carrier oils for it's soothing, nourishing & moisturizing properties
AVOCADO OIL	✓	✓	✓	✓	✓	✓	Softening, regenerating, moisturizing & toning. Best mixed with another carrier oil

