



# Carrier Oils, Essential Oils and Butters for Oily Skin



Sebum is vital for keeping the skin and hair healthy. However, too much sebum can lead to oily skin, clogged pores, and acne. Establishing a regular skin care habit is key to keeping a healthy oil balance. Some people have naturally oily skin, while others have a hormonal imbalance that leads to the bothersome over-production of sebum, which can be treated with certain medications. However, other factors can temporarily increase sebum production, from stress to humidity to simply changing up products. The following ingredients can all be considered in skin and scalp care formulations to keep a healthy oil equilibrium.



# Carrier Oils, Essential Oils and Butters for Oily Skin

## Vitamins and Omega Acids

**VITAMIN A** - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamere of Vit A, also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin.

**VITAMIN B** - The B vitamins actually consist of 8 different vitamers, B1 (thiamine), B2 (riboflavin), B3 (niacinamide), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid or folate) and B12(cobalamin). Their benefits range from improving the appearance of fine lines and wrinkles, to improving skin tone and balancing natural oils, making them great for dry or acne-prone skin. B6 specifically can diminish the effects of hormonal imbalance, which can cause acne, redness, and inflammation.

**VITAMIN C** - Is a potent antioxidant that can neutralize free radicals, even skin tone, and promote collagen production.

**VITAMIN E** - Promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation (the reason why vitamin E is often thought of as a magical antidote for stubborn acne scars).

**VITAMIN F** - May be exceptionally beneficial for those with inflammatory skin issues. It helps reduce inflammation as well as regulate healthy cell function, and excessive water loss. It is best for people with highly sensitive skin and conditions such as atopic dermatitis, psoriasis, seborrheic dermatitis, rosacea, and acne as it calms and soothes troubled skin.

**VITAMIN K** - Potential antioxidant and anti-inflammatory, with known effects to help with blood clotting. Promotes cellular metabolism and has anti-inflammatory properties, promotes wound healing by increasing wound contraction and re-epithelialization.

**OMEGA 3 (ALA)** - Alpha-linolenic acid exhibits anti-oxidant properties, prevents inflammation.

**OMEGA 6** - Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity.

**OMEGA 9** - Oleic acid has powerful anti-oxidant properties and prevents inflammation.

**ARACHIDIC ACID** - Shows potential to act as an emollient in creams, lotions, balms and serums.

**PALMITIC ACID** - Shows potential to act as an emollient in creams, lotions, balms and serums. Known to soften the skin by forming a water-blocking layer, helping to retain moisture.

**STEARIC ACID** - Known to possess properties that cleanse skin and hair, protect hair from damage, emulsify creams, lotions, balms and serums.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 2 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)



# Carrier Oils for Oily Skin

## **ALMOND SWEET** *Prunus amygdalus dulcis* **CARRIER OIL**

Antibacterial, antifungal, anti-inflammatory, rich in essential fatty acids (linolenic acid Omega 3, linoleic acid Omega 6 and oleic acid Omega 9), and vitamins A & E, B7 or biotin and K, which is a natural antioxidant. A great source of magnesium, phosphorus and copper. Almond Oil's constituents will help soothe dry skin and can improve complexion and tone. The antibacterial properties and richness in vitamin A make it suitable in helping treat acne. The vitamin E content can help heal sun damaged skin, help with signs of aging and fade scars, Acne, Eczema and Psoriasis. It can help to lighten dark circles under the eyes and reduce under-eye puffiness. The antioxidant nutrients in Almond Oil destroy free radicals, reducing fine lines, wrinkles and sagging skin, which may help prevent premature aging and safeguard against sun damage.

## **ARGAN** *Argania spinosa* **EXOTIC CARRIER OIL**

Is rich in Omega 6 linoleic acid, Omega 9 oleic acid, palmitic acid and stearic acid. It has high concentrations of vitamin E, a powerful antioxidant protecting skin from sun damage. Tocopherols and polyphenols give it anti-inflammatory and skin-hydrating benefits by restoring the barrier function and maintaining moisture, which is critical for managing barrier impaired skin and signs of aging by improving skin's elasticity. It is also antibacterial and antifungal. It reduces symptoms of different inflammatory skin conditions like psoriasis and rosacea, acne, eczema, and atopic dermatitis. A beautiful oil gentle for sensitive skin. The sebum-reducing qualities in Argan oil helps reduce oiliness in the skin and can speed up tissue repair in wounds.

## **CASTOR** *Ricinus communis* **EXOTIC CARRIER OIL**

Castor oil is rich in ricinoleic acid found to fight inflammation, comprised mostly of omega 6 and 9 fatty acids, which aids in the nourishment of hair shafts and roots, leaves hair smooth and shiny, boosting hair growth. Castor oil has anti-inflammatory properties, which can help reduce swelling and puffiness. It could reduce the size of inflamed pimples or eye bags as well. It has antioxidant properties, Vitamin E, as well as other vitamins and minerals which provide nutrition to hair follicles. Castor oil is also a humectant, great for dry scalp and other dehydrated conditions as well.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 3 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
**Phone:** +1 661-347-3206 **Email:** [sales@napproducts.com](mailto:sales@napproducts.com)  
**Web:** [napproducts.com](http://napproducts.com)



# Carrier Oils for Oily Skin

## **GRAPE SEED** *Vitis vinifera* **CARRIER OIL**

Is a dry, non-irritating oil, meaning it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions. It is rich in phenolic compounds, fatty acids Omega 6 & 9, and vitamins E & F, having anti-inflammatory and antimicrobial properties. Its constituents, mainly tocopherol, linolenic acid, resveratrol, quercetin, procyanidins, carotenoids, and phytosterols, reduce puffy eyes, dark circles, and the formation of eye-bags. As it is rich in Vitamin E, this oil can help tighten and moisturize the skin, treat acne, eczema and psoriasis. It will reduce inflammation, redness, scarring caused by acne, eczema and rosacea and due to its antimicrobial properties will speed up the healing process and will not clog pores. This oil has some astringent qualities and is good for oily skin. A great oil for fading stretch marks and to relieve dry, itchy skin.

## **HEMP SEED** *Cannabis sativa* **CARRIER OIL**

Is rich in plant-based protein, polyunsaturated fatty acids, Omega 3, 6 and 9. Hemp seed oil is rich in tocopherols or Vitamin E, Vitamins A, B, C and D antioxidants. It has minerals, such as potassium, magnesium, iron, zinc, and calcium. It has anti-inflammatory, anti-oxidant, anti-aging and antibacterial potential, making it perfect for oily skin and sensitive skin. It is known to reduce inflammation, redness and clogged pores associated with itchiness and dryness, eczema, acne and psoriasis. It has been known to balance the oil production of oily skin, nourish and firms dry skin, locking in moisture. It may help reduce the look of fine lines and wrinkles and it will soothe and calm irritated skin. It can help protect the skin from harsh environmental damage and help fade stretch marks and scars. The powerful anti-inflammatory properties simultaneously encourage skin growth and new cell generation giving younger looking skin.

## **JOJOBA** *Simmondsia chinensis* **EXOTIC CARRIER OIL**

Is rich in antioxidant Vitamin E plus Vitamins A B, C and D. It also contains the minerals chromium, copper, and zinc, plus Omega 6 and 9, having anti-inflammatory, antimicrobial, antibacterial, antioxidant, hypoallergenic, antifungal properties. It may help plump up the skin and keep skin healthy, being good for all skin types, slowing down the appearance of aging, acne, eczema and psoriasis. Jojoba oil is actually a liquid wax and is similar to the sebum our own body produces. A versatile oil, jojoba oil's high mineral content will leave skin looking smoother, whilst helping protect against dryness, as it will hydrate the skin and scalp. Due to its Vitamin E content, it can help increase hydration for maximum nourishment.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 4 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)



# Carrier Oils for Oily Skin

## **NEEM** *Azadirachta indica* **CARRIER OIL**

Neem has been said to counter cellulite, potentially due to the strong astringent ingredients that firm and tone sagging skin. It is a soothing oil, full of skin-benefiting fatty acids (palmitic, linoleic, and oleic acids) and antioxidants. Research has shown that Neem may boost levels of a collagen-producing enzyme called procollagen and a protein called elastin. Because collagen is responsible for skin's structure and smoothness, it keeps it firm and full, while elastin retains the shape, making it easier to bounce back. As these compounds decline with age, Neem can help skin stay healthy and plum looking.

## **ROSEHIP** *Rosa canina* **EXOTIC CARRIER OIL**

An excellent source of Omega 3 and 6, both are essential fatty acids collectively known as vitamin F which is very effective for cell and tissue regeneration, improving elasticity and helping against signs of ageing, repairing scar tissue, acne, eczema and psoriasis. Rosehip oil is high in vitamins C and A, and a rich source of antioxidants, antiviral, antibacterial, antifungal and essential fatty acids that help with acne, eczema, psoriasis, rosacea. These vitamins can help reduce signs of skin aging and may help prevent fine lines, unsightly scars or stretch marks. Rosehip oil also contains antioxidants like tocopherol Vitamin E and carotenoids that have been known to protect the skin. It is also rich in anti-inflammatory acids that may help soften redness and irritation and it contains two antioxidants called lycopene and beta-carotene, which are effective fighters against hyperpigmentation and dark circles around the eyes.

## **SUNFLOWER** *Helianthus annuus* **CARRIER OIL**

The main chemical constituents are: Palmitic Acid, Stearic Acid, Oleic Acid, Linoleic Acid, Arachidic Acid and Behenic Acid. As a moisturizing emollient, high in essential fatty acids, it is very high in omega-6 fatty acids. Alpha-linolenic acid exhibits anti-oxidant properties, prevents inflammation. High in vitamin A, it also stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, has an anti-inflammatory antioxidant effect. Retinoid also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin. High in Vitamin E, it promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. This oil is non-irritating, suited for most skin types and will not clog pores. It is high in linoleic acid and can help moisturize the skin, making it very beneficial for dry, red and irritated skin caused by eczema and psoriasis. It may also help clear the skin of acne-causing bacteria.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 5 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)



# Butters for Oily Skin

## **ALMOND** *Prunus dulcis* **BUTTER**

It is rich in Vitamins E, A and B. Almond butter also contains linolenic acid omega 3 and linoleic acid omega 6. It is packed with essential fats and vitamins which are hydrating, moisturising and soften the skin. It has natural emollient properties and is rich in minerals and anti-oxidants. It combats ageing by destroying free radicals and provides the nutrients that skin requires to repair itself, reducing fine lines, wrinkles and sagging skin, protecting skin from the sun's damaging UV rays.

## **COCOA** *Theobroma cacao* **BUTTER**

It contains fatty acids Omega 6, 9, Stearic Acid, Palmitic Acid, Arachidic Acid, Palmitoleic Acid, Vitamin E, Vitamin K, Alpha-Linolenic Acid, and Phytosterols (namely Stigmasterol). It is known for its high oxidative stability because it is naturally rich in antioxidants and Vitamin E. It melts at body temperature and works to naturally soothe dry, sensitive skin while reducing and preventing the appearance of scars and unwanted marks. It is believed to have photo-protective properties that protect against harmful UV radiation. The anti-inflammatory properties moisturize and relieve skin afflicted with swelling, irritation, and redness. The polyphenols in Cocoa Butter are known to diminish the appearance of aging by enhancing skin's moisture content, skin tone, elasticity, and collagen production.

## **KOKUM** *Garcinia indica* **EXOTIC BUTTER**

It is rich in essential fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, and Stearic Acid. It also contains antioxidant Vitamin C and E. It acts as a potent emollient, or moisturizing agent. Kokum Butter is composed of beneficial compounds that help to regenerate skin cells and support skin elasticity. It is a non-comedogenic, non-pore-clogging butter that helps prevent overly dry or oily skin.

## **MANGO** *Mangifera indica* **BUTTER**

Has fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, Stearic Acid, Arachidic Acid and is high in Vitamin A, C, and E. Its high vitamin content protects skin against harsh environmental damage caused by overexposure to harmful UV radiation. Mango butter has moisturizing, softening and regenerative properties when applied to the skin, while reducing the appearance of dark spots. It has a protective effect against UV radiation. The emollients nourish skin by boosting its elasticity, tightening skin, making skin look smoother and firmer, reducing the appearance of fine lines, leaving the skin with a firmer appearance without leaving it greasy. The anti-oxidant, anti-inflammatory, and anti-aging properties of Mango Butter make it an effective soothing agent for skin afflicted by dryness, acne, eczema, psoriasis and dermatitis. By restoring and maintaining moisture levels and by boosting cell regeneration, Mango Butter leaves skin looking plump, thereby promoting a rejuvenated, revitalized appearance.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 6 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**

25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA

Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)

Web: [napproducts.com](http://napproducts.com)



# Essential Oils for Oily Skin



## **BERGAMOT** *Citrus bergamia* **ESSENTIAL OIL**

Helps balance the skin's natural oils and keeps the sebum production balanced, preventing breakouts. When blending with a carrier oil, Bergamot soothes and moisturizes dry skin, reducing inflammation and redness.



## **CHAMOMILE ROMAN** *Matricaria recutita* **ESSENTIAL OIL**

Its anti-inflammatory properties can help soothe the skin treating cracked skin, burns, acne, eczema, sensitive skin, and dry skin. Great for cleansing and calming your complexion.



## **CLARY SAGE** *Salvia sclarea* **ESSENTIAL OIL**

This Oil suits both oily and dry skin with the production of natural oil and sebum. It is soothing and cooling, helping reduce inflammation and calming rashes.



## **FRANKINCENSE** *Boswellia carterii* **ESSENTIAL OIL**

A fantastic natural astringent, it helps regulate sebum, removes excess oil, and helps tighten skin, reducing large pores.



## **GERANIUM** *Pelargonium graveolens* **ESSENTIAL OIL**

Works well for all types of skin, balancing the oil production that helps with moisturizing the skin offering antibacterial properties.



## **HELICHRYSUM** *Helichrysum italicum* **ESSENTIAL OIL**

It is an anti-inflammatory with abundant antioxidant effects for restoring and maintaining skin health.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 7 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)



# Essential Oils for Oily Skin



## **HYSSOP** *Hyssopus officinalis* **ESSENTIAL OIL**

Has antimicrobial, antioxidant and anti-inflammatory properties that help soothe irritated conditions, soothes and moisturises the skin.



## **LAVENDER** *Lavandula angustifolia* **ESSENTIAL OIL**

It can help heal irritated stressed skin and is great for all types of skin.



## **NEROLI** *Citrus aurantium* **ESSENTIAL OIL**

Used to treat mature, aging, sensitive skin types. Due to its regenerative properties it can be used in skin toners to tighten the skin. The antibacterial properties help improve damaged skin conditions.



## **PALMAROSA** *Cymbopogon martini* **ESSENTIAL OIL**

This oil is non-toxic, non-irritant and non-sensitising.



## **ROSE** *Rosa damascene* **ESSENTIAL OIL**

This oil is hydrating and anti-inflammatory. It plumps and moisturizes the skin without any chemical side effects. A great ingredient for aging skin.



## **ROSEMARY** *Rosmarinus officinalis* **ESSENTIAL OIL**

It hydrates the skin, which helps to control oil production. The antibacterial and antiseptic properties soothe irritated skin.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 8 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**

25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA

Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)

Web: [napproducts.com](http://napproducts.com)





# Essential Oils for Oily Skin



## **SANDALWOOD** *Santalum spicatum* **ESSENTIAL OIL**

May help speed up skin tissue repair. It is very gentle to the skin helping with the healing of damaged sensitive areas of the skin.



## **TEA TREE** *Melaleuca alternifolia* **ESSENTIAL OIL**

Can help soothe dry skin by reducing itching and irritation. It has been a trusted source for healing many skin conditions with its antimicrobial, antifungal and antibacterial properties.



## **YLANG YLANG** *Cananga odorata* **ESSENTIAL OIL**

Can be used for all types of skin. It's especially effective for ageing skin, spot prone skin and skin with wide pores due to its antibacterial properties.



To discover more about our natural solutions for your formulations ask us about our additional application brochures.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 9 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)



# Carrier Oils, Essential Oils and Butters for Oily Skin

Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. [sales@napproducts.com](mailto:sales@napproducts.com)

## SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

## EXTERNAL RECOMMENDATIONS

### Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

### Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

### Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

### Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



Page 1 images by freepik - [www.freepik.com](http://www.freepik.com)

## DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

Page 10 of 10

**NATURALLY AUSTRALIAN PRODUCTS (NAP) Inc.**  
25030 Avenue Tibbitts, Unit K, Valencia, California, 91355 USA  
Phone: +1 661-347-3206 Email: [sales@napproducts.com](mailto:sales@napproducts.com)  
Web: [napproducts.com](http://napproducts.com)

