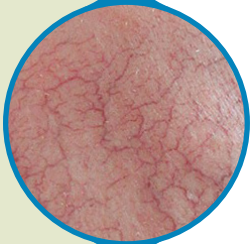


# Carrier Oils, Butters and Essential Oils for the Relief of Rosacea



With no known single cause, and many potential triggers of Rosacea flare ups, it can be a stressful condition to combat. There are four subtypes of rosacea, with each having its own set of symptoms, ranging from small bumps and red skin on the cheeks, nose and forehead, to more severe symptoms spreading to the back, chest, ears, and even eyelids. It's possible to have more than one type at a time and symptoms may occur for weeks or months, disappearing and returning throughout that time. It tends to affect more women than men, and especially those over 30 years old with fair skin. It also becomes more common with age.


We've identified the following Carrier Oils with anti-inflammatory and antioxidant properties to consider for skin care formulations that are gentle and great not just for rosacea-affected skin, but for all kinds of sensitive skin.

Collectively, the products in this brochure contain a range of the following molecules, which are known to benefit the skin in the following ways:




# Vital Elements for the Relief of Rosacea

## VITAMINS




**VITAMIN A** - Stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, has an anti-inflammatory antioxidant effect. Vitamers of Vitamin A, also known as retinoids, stimulate 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 consist of 8 different varieties, B1 (thiamine), B2 (riboflavin), B3 (niacinamide), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid or folate) and B12(cobalamin). From improving the appearance of fine lines and wrinkles, to improving skin tone and balancing natural oils, the range of benefits are great for dry or acne-prone skin.

**NIACINAMIDE** - Also called nicotinamide, is a form of vitamin B-3, an essential nutrient. B6 can diminish the effects of hormonal imbalance, which can cause acne, redness and inflammation.


Niacinamide reduces inflammation, which may help ease redness from eczema, acne, and other inflammatory skin conditions. Minimizes pore appearance. Keeping skin smooth and moisturized may have a secondary benefit — a natural reduction in pore size over time.



**VITAMIN C** - Is a potent antioxidant that can neutralize free radicals, even skin tone, and promote collagen production. Vitamin C is a rockstar ingredient when it comes to helping to manage rosacea. It helps to strengthen capillaries (fewer broken capillaries = less noticeable redness). It helps bring down general redness too.

**VITAMIN E** - Promotes antioxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. (This is 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, such as rosacea and dermatitis. It also helps 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 inflammation and soothes troubled skin.



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

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Page 2 of 15

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# Vital Elements for the Relief of Rosacea

## FATTY ACIDS

Differing ratios of essential fatty acids are major determinants of the barrier repair benefits of natural oils. Oils with a higher linoleic acid to oleic acid ratio have better barrier repair potential, whereas oils with higher amounts of irritating oleic acid may be detrimental to skin-barrier function.

**OMEGA 3 (ALA)** - Alpha-linolenic acid, Arachidic Acid exhibits antioxidant properties, preventing inflammation.

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

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



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brochures to discover  
more natural solutions  
for your formulations!

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Page 3 of 15

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# Carrier Oils for the Relief of Rosacea

In general, what these Carrier Oils all have in common is that they're gentle on the skin and great for not just rosacea but any sensitive skin ailment as they have anti-inflammatory properties.

## **APRICOT** *Prunus armeniaca* **CARRIER OIL**

Helps to lessen swelling and puffiness under the eye, and decrease fine lines and wrinkles through its antioxidants. This nourishing oil works well on dark under-eye areas and brightening the skin. It is an emollient, easily absorbed, making it perfect to help exfoliate and retain moisture and sustain elasticity in the skin. It can help ease dry skin and due to its anti-inflammatory properties, it may ease conditions like rosacea, psoriasis and eczema. It has high levels of Omega 6 linoleic acid and oleic acid Omega 9, and Vitamins A, B, E and K. These natural antioxidants may improve skin tone, maintain softness and radiance, nourish the skin and reduce the appearance of wrinkles, fine lines and blemishes by rebuilding collagen.



## **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 rosacea and signs of aging by the improvement of skin elasticity. It also has antibacterial and antifungal properties. It is known to reduce symptoms of different inflammatory skin conditions like psoriasis and rosacea, acne, eczema, and atopic dermatitis. A beautiful oil gentle for sensitive skin.



## **AVOCADO** *Persea americana* **CARRIER OIL**

Rich in oleic acid Omega 9 and linoleic acid Omega 6, its antioxidant properties that protect and rejuvenate the appearance of skin, make it great for maintaining moisture, which is critical for managing rosacea and anti-aging by the improvement of skin elasticity. Additionally, it boasts carotenoids, vitamin A, B, D, E, and Lecithin. Antimicrobial, antioxidant and anti-inflammatory benefits help skin stay smooth, strong, elastic, and have potential to calm itchy, chapped skin, hydrate and moisturize, and shield skin from ultraviolet radiation. Avocado oil's properties may give skin smoothness, strength and elasticity.



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Page 4 of 15

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# Carrier Oils for the Relief of Rosacea



## **BORAGE** *Borago officinalis* **EXOTIC CARRIER OIL**

Is one of the richest sources of essential fatty acids that exists, containing Omega-6 linoleic acid, Omega 9 oleic acid, Omega3 ALA alpha-linolenic acid, palmitic acid, and stearic acid. It is a powerful antioxidant with Vitamin A, B and C, which has been well documented for having anti-aging and skin conditioning properties for protecting skin cells from oxidative stress caused by UV radiation. Its anti-inflammatory properties can help reduce skin conditions like rosacea, acne and eczema, restoring moisture barriers and smoothness to dry and damaged skin. It is a light oil and won't leave the skin feeling greasy. It is very emollient and helps reduce reddening of very sensitive skin and may help treat fine lines and wrinkles.



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

Is rich in phenolic compounds, fatty acids Omega 6 linoleic acid and oleic acid Omega 9 and vitamins E & F, having anti-inflammatory and antimicrobial properties. Combined with other constituents like tocopherol, resveratrol, quercetin, procyanidins, carotenoids, and phytosterols, it may reduce puffy eyes, dark circles, signs of aging, such as sunspots, fine lines, and wrinkles. It may help tighten and moisturize the skin as well. Its antimicrobial properties can speed up the healing process and are not likely to clog pores. This oil has some astringent qualities and is very easily absorbed into the skin. Being a dry, non-irritating oil, means it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions.



## **HAZELNUT** *Corylus avellana* **EXOTIC CARRIER OIL**

Offers fatty acids omega-6 linoleic acid and omega-9 oleic acid and abundant levels of phenolic compounds. The high levels of vitamin E and fatty acids can help increase hydration in the outermost layer of the skin by keeping skin hydrated and creating a natural oil barrier that helps skin retain water. Vitamin E also helps improve skin elasticity, making it look firm and supple, enabling collagen production and neutralizing free radicals, protecting cell membranes from sun damage. It has high levels of anti-oxidant and anti-inflammatory activity, which help with Rosacea and other skin conditions. Hazelnut oil is safe for people with sensitive skin. It is also an astringent.

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Page 5 of 15

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# Carrier Oils for the Relief of Rosacea



## **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. The myristic acid which is rich in anti-inflammatory properties works wonders on skin to reduce swelling and redness for rosacea-prone skin. It may help plump up and keep skin healthy for all skin types, slowing down the appearance of aging. Jojoba oil is 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 and penetrate deep, reaching below the top layer of skin for maximum nourishment.



## **KUKUI** *Aleurites moluccana* **EXOTIC CARRIER OIL**

High in Omega 3 alpha linolenic acid, Omega 6 linoleic acid and Omega 9 oleic acid, anti-inflammatory and antioxidant properties. Vitamin A, C and E provide antioxidants that help to protect the skin. It can penetrate into the deepest skin layers, while locking in moisture. Kukui is rich in natural antioxidants and minerals. The oil penetrates the skin quickly and does not leave a greasy feeling.



## **PRICKLY PEAR SEED** *Opuntia ficus-indica* **EXOTIC CARRIER OIL**

Prickly pear oil is easily absorbed into the skin. The high levels of linoleic acid Omega 6, the abundance of Vitamin E, Minerals and Amino Acids, give it powerful antioxidant and anti-inflammatory properties. Vitamin C and K antioxidants known as betalains also add to the amazing potency of this oil. It promotes wound healing by increasing wound contraction and re-epithelialization. Due to its high betalain content, the oil is also a powerful tool in anti-aging. Prickly pear oil contains many amazing compounds known to have hydrating, antibacterial, and antioxidant properties to reduce skin inflammation, as well as prevent skin damage. Prickly Pear Seed Oil boasts nearly 1.5x the amount of vitamin E than that found in Argan Oil. Vitamin E is known to help heal wounds faster and aid in skin regeneration. Prickly pear oil contains many amazing compounds known to have hydrating, antibacterial, and antioxidant properties to reduce skin inflammation, as well as prevent skin damage. It can be beneficial in treating skin conditions such as skin irritation, rosacea, dermatitis, eczema or acne.

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Page 6 of 15

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# Carrier Oils for the Relief of Rosacea

## **RICE BRAN** *Oryza sativa* **CARRIER OIL**

This oil is high in fatty acids Omega 3, 6 and 9. A rich source of proteins, fats, minerals and micronutrients, Vitamin B6 and Vitamin E Tocopherol. It is one of the best sources of tocotrienol, an antioxidant which may be many times more powerful and effective than Vitamin E. Rice bran oil promotes hydration, reduces pigmentation and helps keep the skin and scalp soft, supple and smooth. Light in texture and easily absorbed into the skin, it penetrates easily deep into the scalp and skin softening and moisturizing the skin and hair. It has high levels of antioxidants, anti-inflammatory, antiviral, antibacterial, antifungal activity. Helps with Rosacea and Acne. Rice Bran Oil is a potent anti-aging ingredient since it offers protection against sun UV rays. Additionally, the powerful antioxidants in this oil help prevent free radical damage. It easily penetrates the skin, keeping it moisturized, minimizing the appearance of wrinkles and fine lines. It also aids in cell regeneration healing wounds and scars. Rice Bran Oil can also help prevent dark circles under the eye. By preventing the penetration of UV rays into the skin it can treat uneven skin tones and hyperpigmentation and help diminish the appearance of dark circles under the eye.

## **SAFFLOWER** *Carthamus Tinctorius* **CARRIER OIL**

Is rich in omega-6 linoleic acid omega 9 oleic acid and palmitic acid. Contains vitamin E tocopherol, vitamin K which may be responsible for some of its skin benefits. Vitamin E vitamin K and has been an important ingredient in dermatological products. This antioxidant rich vitamins important in keeping cells in good health. The inflammation properties play a significant role in wound healing. The vitamin K supports the treatment of skin that suffers from rosacea.

## **SEABUCKTHORN** *Hippophae rhamnoides* **EXOTIC CARRIER OIL**

The major fat found in Sea Buckthorn oil is mono- and polyunsaturated fat, which are two types of healthy fats. Sea Buckthorn is possibly the only known oil to provide all four omega fatty acids - Omega 3, 6, 7 and 9. It also has Vitamins A, K, E, C, B1 and B2. This amazing oil is also one of the richest natural sources of beta-carotene (Vitamin A), it has powerful anti-microbial, anti-inflammatory and anti-oxidant properties. . It can be beneficial in treating skin and scalp conditions such as skin irritation, Rosacea, dermatitis, Eczema, Acne or atopic and supporting hair growth which are inflammatory condition of the skin. It can be beneficial in treating skin and scalp irritation. It helps with skin and scalp circulation, supporting hair growth. This beautiful rich oil moisturises, repairs and rejuvenates the skin and leaves it looking young and youthful.

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Page 7 of 15

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# Carrier Oils for the Relief of Rosacea



## **SESAME** *Sesamum indicum* **CARRIER OIL**

Is rich in essential fatty acids and has a balanced ratio of omega-3, omega-6, and omega-9 fatty acids, it is full of anti-oxidant, antimicrobial, anti-inflammatory. Rich in vitamin E and phytosterols, it contains lignans, sesamol, and sesaminol, protein and lecithin. These compounds help fight free radicals. Due to its antibacterial, antifungal and emollient properties, it is good for wound healing, scar tissue, Acne and Rosacea. Also the high levels of collagen in healing wound tissue. Some research shows that sesame oil may protect against damage from UV rays, which can harm your skin.



## **TAMANU** *Calophyllum inophyllum* **EXOTIC CARRIER OIL**

The main chemical constituents of Tamanu Oil are the three Omegas and antioxidants, which are known to prevent inflammation. They also contribute to the skin's suppleness and moisture levels and help to fend off the impact of free radicals, relieve symptoms of dry skin, and reduce the appearance of aging, such as age spots, premature wrinkles, fine lines. Omega 6 helps prevent some of the most common scalp and skin conditions such as flaky residue and dandruff, all of which are due to skin and scalp inflammation. Omega 3 also helps soften rough, dry skin and has a soothing effect on irritation and dermatitis, eczema, acne and Rosacea. The Palmitic Acid, Stearic Acid, Tocotrienol/vitamin E and other antioxidant activity, may repair and improve damaged skin while simultaneously moisturizing, naturally enhancing the skin's regeneration process, thus often alleviating discoloration and pigmentation. Vitamin C, a potent antioxidant, can neutralize free radicals, even skin tone, and promote collagen production. It has antibacterial, anti-microbial, anti-inflammatory and anti-itch properties. Tamanu promotes tissue formation and the growth of healthy skin cells - this is the key to the oil's scar-reducing potential. It can infiltrate all three layers of skin: the epidermis, dermis and hypodermis, with potential to soothe, repair, diminish redness, scars, stretch marks, irritation, itchiness and dryness.



# Butters for the Relief of Rosacea

In general, what these butters all have in common is that they're gentle and have anti-inflammatory properties (great for not just rosacea, but any sensitive skin!)

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

Containing fatty acids Omega 3, 6 and 9, Stearic Acid, Palmitic Acid, Arachidic Acid, Palmitoleic Acid, Vitamin E, Vitamin K, and Phytosterols (namely Stigmasterol). It is known for its high oxidative stability as a result of it being naturally rich in antioxidants. 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, Rosacea, acne and redness.



## **COFFEE** *Coffea arabica* **BUTTER**

Is one of the richest sources of antioxidants, which protects the skin against free radical damage. It also restores skin smoothness and protects against UV light, and improves blood flow giving skin a radiant look. It tightens the skin to reduce the appearance of cellulite and also prevents wrinkles. It's packed with vitamins, fatty acids, and antioxidants to care for skin that is suffering from rosacea and acne.



## **CUPUACU** *Theobroma grandiflorum* **EXOTIC BUTTER**

Has high-capacity power to absorb water, approximately higher than that of lanolin, acting as a plant-based substitute for it. It contains phytosterols (especially beta-sitosterol) regulate the water balance and activity of lipids on the superficial layer of the skin. Additionally, this butter may serve as an anti-inflammatory for calming rosacea and acne. Cupuaca Butter has lots of omega fatty acids and anti-oxidizing polyphenols, in addition to essential vitamins and nutrients such as B vitamins, amino acids, flavanoids, calcium, selenium and at least nine anti-oxidants including Vitamins A and C. As an added bonus, cupuacu provides a protective barrier against UV rays, helping to prevent skin damage due to the sun.



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Page 9 of 15

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# Butters for the Relief of Rosacea

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

Has fatty acids Omega 6, 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, and reducing the appearance of fine lines. It easily melts on skin 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, rosacea, eczema, 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.

## **MORINGA** *Moringa oleifera* **EXOTIC BUTTER**

The main constituents of Moringa Butter are Oleic Acid, Behenic Acid, Palmitic Acid, Stearic Acid, and Linoleic Acid. It exhibits anti-oxidant properties, thickening and opacifying properties in clear liquid formulations, soothes dryness and protects skin from the elements. It is gentle on sensitive skin, replenishing the skin's moisture barrier and promoting moisture retention to soften skin. It facilitates wound healing, anti-inflammatory properties, soothing rosacea, acne and reducing chances of future outbreaks. It stimulates production of collagen, cell regeneration and protects skin against toxins and bacteria. It does not leave the skin greasy, and its nourishing property helps to support the health of skin that is distressed with signs of aging, abrasions, flaking, tenderness, and itchiness.

## **MURU-MURU** *Astrocaryum murumuru* **EXOTIC BUTTER**

This butter is the best cosmetic ingredient with the presence of Vitamin A & E, Omega fatty acids 3, 6 and 9, and most notably its high Lauric Acid content. Lauric Acid is a rare medium chain fatty acid that is found in human breast milk as well as coconut oil. A combination of these acids and other ingredients enable Murumuru Butter to act as a natural moisturizer for sensitive skin. With its anti-inflammatory properties, murumuru butter has a very wide range of applicability for treating dry and even oily skin. Great for moisturizing, it prevents against external oxidative factors forming a protective film like silicone, without clogging the pores. Due to its antimicrobial and anti-inflammatory properties, it is great for Rosacea and acne.

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Page 10 of 15

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# Butters for the Relief of Rosacea

## **SHEA NUT** *Vitellaria paradoxa* **BUTTER**

The fatty acid profile composed primarily of stearic and oleic acids with lesser amounts of palmitic, linoleic and arachidic acids gives it a high level of saponifiable function. It protects the skin from the harmful effects of UV rays, and may repair scars and stretch marks. It also has anti-aging properties with high levels of vitamins A, E and F and is rich in anti-oxidants, which can help prevent fine lines and wrinkles brought on by free radicals. It hydrates skin by restoring moisture balance that contributes to elasticity, boosts circulation and encourages faster regeneration of healthy skin cells. Shea butter contains triterpenes, a naturally occurring chemical compound that is thought to deactivate collagen fibre destruction. Shea Nut Butter has sun protection properties and acts as an emollient. It has anti-aging and anti-inflammatory properties. It is solid at room temperature but melts when applied to the skin. The exceptionally high levels of Cinnamic Acid content in Shea Butter have shown to alleviate pain and itchiness on skin afflicted with a rash, cut, scrape, or allergy. It can reduce the discomfort of skin that has become inflamed from conditions such as dermatitis and rosacea, and it is known to soothe burns, reduce the appearance of surgical scars, and diminish stretch marks.

## **UCUUBA** *Virola surinamensis* **EXOTIC BUTTER**

Is a rich source of Lauric, Myristic & Palmitic acid & the key Vitamins A & C, which all contribute to healthy skin. The butter also carries anti-inflammatory, antiseptic & anti-ageing properties. Originating from Central and South America. This dark brown and hard butter is pressed from the seeds of the Ucuuba tree. It is believed to have anti-inflammatory and antiseptic properties helping to heal Rosacea and acne. It is ultra-rich in Lauric, Myristic and Palmitic acid crucial in healthy cell development and maintenance of healthy skin.



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

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# Essential Oils for the Relief of Rosacea

**Anti-inflammatory essential oils are beneficial for soothing and reducing inflamed, flushed skin.**



## **CARROT SEED** *Daucus carota* **ESSENTIAL OIL**

Great for irritated skin, and known to be a depurative, which is used in the treatment of chronic inflammatory diseases.



## **CYPRESS** *Cupressus sempervirens* **ESSENTIAL OIL**

Has long been regarded as a highly beneficial oil for the skin, showing anti-inflammatory properties.



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

A well-known antioxidant and astringent, geranium oil may help soothe inflammation, expedite wound-healing, and diminish bacterial overgrowth of the skin for a well-rounded, holistic treatment of rosacea.



## **CHAMOMILE GERMAN** *Matricaria recutita* **EXOTIC ESSENTIAL OIL**

## **CHAMOMILE ROMAN** *Chamaemelum nobile* **EXOTIC ESSENTIAL OIL**

These are some of the gentlest essential oils, making them great for treating sensitive skin issues. Anti-inflammatory, anti-allergenic and calming.



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

Is the most powerful anti-inflammatory essential oil, and a common component in Rosacea and bruise blends.

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Page 12 of 15

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# Essential Oils for the Relief of Rosacea



## **JASMINE** *Jasminum officinale* **EXOTIC ESSENTIAL OIL OR ABSOLUTE**

Good for dry and/or sensitive skin, Jasmine is also used to support anxiety, so if your rosacea is triggered by anxiety, it can be helpful.



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

Another gentle oil that's safe for almost all skin types. Good for skin inflammations and is calming for both skin and emotions of stress and anxiety.



## **NEROLI** *Citrus aurantium amara* **EXOTIC ESSENTIAL OIL**

Is good for sensitive skin; and its constituents have also shown to improve circulation.



## **ROSE OTTO** *Rosa damascena* **EXOTIC ESSENTIAL OIL**

Ideal for skin care, and especially for sensitive, mature and/or dry skin. It has been indicated for broken capillaries and poor circulation.



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

Helps reduce redness, the most common rosacea symptom, and also promotes skin healing, antimicrobial benefits.



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

Relieves itching and inflammation, and can be helpful in calming a rosacea flare-up.



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

Nourishes and moisturizes the skin, and because of its potent antimicrobial and anti-inflammatory benefits, it is a great choice for Rosacea.

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Page 13 of 15

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Page 14 of 15

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# Carrier Oils, Butters and Essential Oils for the Relief of Rosacea

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.



## 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.

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Page 15 of 15

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