

Carrier Oils, Essential Oils and Butters for Acne, Eczema, Psoriasis & Skin Inflammatory Conditions



Inflammatory skin conditions can be frustrating and stressful to live with, further triggering flareups and symptoms. Although certain ailments like rosacea and psoriasis can be chronic, there are many treatments that may help reduce the symptoms or even instigate remission. Infectious or non-infectious disorders, such as acne and atopic dermatitis, can both be treated with products that gently keep skin cleansed and moisturised. In addition to getting good rest, eating well, exercising, these following ingredients are gentle, anti-inflammatory and calming to soothe irritated skin.



ACNE can affect skin of all ages and can stem from stress, hormonal imbalance, clogged pores and more. When hair follicles become blocked with oil, dead skin or bacteria, acne appears. Depending on its severity, acne can cause scarring on the skin causing emotional distress as well. This can be reduced by starting treatment as soon as it appears.

ECZEMA appears when the skin becomes itchy and red caused by an inflammatory condition. It appears mostly on the front of wrists, elbows and back of knees as darkened thickened skin. Continued itching and scratching can lead to the predominance of the bacteria *Staphylococcus aureus* in the skin flora, which can cause severe skin infections.




PSORIASIS. This rapid build-up of skin cells (commonly on scalp, elbows, knees and lower back) is caused by a chronic autoimmune condition. This causes scaling on the skin's surface, inflammation and redness around the scale. Psoriatic scales develop in thick, red and white patches, which can crack, increasing chance for infection.





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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.

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Carrier oils are basically oils derived from nuts and seeds of different plants. Based on the plant, they exhibit different properties. They can be used by themselves (as a moisturizer or to treat specific problems), or they can be mixed with other carrier oils or essential oils.


They are called carrier oils as they carry essential oils or any other absolute to the skin. The absorption of essential oil will depend on the chemical as well as physical properties of the oil.

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.

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AVOCADO *Persea americana* **CARRIER OIL**

Rich in oleic acid Omega 9 and linoleic acid Omega 6, its antioxidant properties protect and rejuvenate the appearance of skin and maintain 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 and anti-inflammatory benefits help skin stay smooth, strong, elastic, with potential to calm itchy skin, Acne, Eczema, Psoriasis, heal chapped skin and shield skin from ultraviolet radiation. Avocado oil's properties are purported to smooth skin.

BABASSU *Orbignya oleifera* **EXOTIC CARRIER OIL**

Is a nutrient-rich, lightweight oil. The main chemical constituents are: Lauric Acid, Myristic Acid, Palmitic Acid and Oleic Acid. Being rich in antioxidants and fatty acids, with antibacterial and antimicrobial, anti-fungal and anti-inflammatory properties, it is useful for keeping wounds clean and promotes healing for Acne and Eczema. It has omega 6 Linoleic acid, encouraging moisture retention in skin, exhibiting anti-inflammatory properties. It smooths and softens skin and has good antioxidant properties. It keeps moisture locked in the skin, scalp, and hair shaft. Keeping hair strands and skin moisturized for longer periods of time. It is high in vitamin E, repairing and improving 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).

BAOBAB *Adansonia digitate* **EXOTIC CARRIER OIL**


Has a high content of Fatty Acids: Omega 3, 6 and 9. Its anti-Inflammatory properties promote rejuvenation of skin cells, wonderful wound-healing compounds for scarring. It is an excellent moisturizer, comprised of equal parts saturated fats, monounsaturated fats, and polyunsaturated fats. Antioxidant Vitamin A protects skin from free radical damage. Vitamin E and Vitamin D also contribute to maintaining a healthy skin barrier. The oil's antioxidant properties, including Vitamin C, help in the restoration and production of collagen - a pivotal protein for healing scars.

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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, Omega 3 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 and psoriasis, 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.



BLACK SEED *Nigella sativa* **EXOTIC CARRIER OIL**

These tiny seeds, which are rich in vitamins, minerals, and fatty acids, provide nourishing moisture that is easily absorbed into the skin and scalp creating elasticity and fighting damaging free radicals that cause wrinkles and fine lines. The combination of the amino acids and vitamins work together to regenerate skin cells and may fade age spots, producing collagen and elastin, reducing redness, bumps, and irritation. This oil has over 80% unsaturated fatty acids, including omega 3 linolenic acid, omega 6 linoleic acid, and omega 7 palmitoleic acid, and arachidonic acid. It contains 8 of the 9 essential amino acids that are combined to make "whole" protein. Black Seed also has vitamin A, B1, B2, B3, B9 and D, folic acid, calcium, iron, copper, zinc and phosphorous. Black cumin seed oil has exceptional antioxidant activity with thymoquinone, nigellone and beta-sitosterol. It has been shown to have antioxidant properties and antimicrobial effects on fungi that commonly cause skin infections. Vitamin B3 can help to improve and treat skin conditions like rosacea, acne, eczema, psoriasis and dermatitis, hyper pigmentation, sun-damage, redness, irritated, aged and dry skin.



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.

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CHIA SEED *Salvia hispanica* **EXOTIC CARRIER OIL**

Chia seeds are rich with antioxidants, omega 3 fatty acids that fight ageing, soothe inflammation, reduce acne scars and keep skin radiant and healthy. It's a light oil, so it absorbs quickly into the skin. Chia Seed Oil is also high in linoleic acid Omega-6, which can have anti-inflammatory effects. It also contains antioxidants that can keep skin looking healthy. It is rich in manganese, phosphorus, copper, selenium, iron, magnesium, and calcium, but poor in vitamins.



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.

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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.

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

High in Omega 3, 6 and 9, offering anti-inflammatory and antioxidant properties. Vitamin A, C and E, provide antioxidants that help to protect the skin. It can quickly penetrate the deepest skin layers, while locking in moisture. Kukui is rich in natural antioxidants and minerals. It helps heal wounds and scars and skin problems like dryness, eczema, psoriasis, and boosts collagen.

MACADAMIA *Macadamia integrifolia* **CARRIER OIL**

Has a chemical profile similar to the skin's natural sebum, making it easily absorbed. It is the richest botanical source of Palmitoleic acid Omega 7, as well as Omega 3 and 9, and is a highly effective anti-oxidant, rich in squalene, supporting cell regeneration and can help heal burns, wounds, scars and stretch marks, reduce dermatitis and eczema. Its anti-inflammatory activity is regenerative and hydrating to the outermost layer of skin, creating a natural oil barrier that helps skin retain water. It's hypo-allergenic, making it well-suited for use on sensitive skin. It can help keep the skin elastic and looking youthful. By destroying free radicals, the amazing nutrients in this oil may reduce fine lines, wrinkles and sagging skin to prevent premature aging and safeguard against sun damage.

MARULA *Sclerocarya birrea* **EXOTIC CARRIER OIL**


Considered the richest plant source of oleic acid Omega 9, its powerful anti-oxidant properties may reduce inflammation, acne, blemishes, and scarring. Marula Oil can diminish the appearance of stretch marks, dryness, and cracking, facilitating the healing of irritation, hydrating skin to prevent moisture loss, and enhancing elasticity and firmness by boosting collagen production. It abounds in antioxidants and vitamin C, which can neutralize free radicals, and even skin tone. Vitamin E repairs and improves damaged skin while simultaneously moisturizing, naturally enhancing the skin's regeneration process. Marula oil is lightweight, easily absorbing into the skin - an effective moisturizer for dry and aging skin.

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OLIVE *Olea europaea* **CARRIER OIL**

Contains healthy fatty acids - Omega 3 exhibits anti-oxidant properties, preventing inflammation, Omega 6 encourages moisture retention in skin, exhibits anti-inflammatory and anti-irritant properties, promotes and encourages anti-oxidant activity that protect and rejuvenate the appearance of skin. It is an effective emulsifier and thickener in cosmetic formulations. Oleic acid Omega 9 is a powerful anti-oxidant, preventing inflammation and contributes to the skin's suppleness and moisture levels. These antioxidant properties may reduce the appearance of aging, such as age spots, premature wrinkles, and fine lines. It may relieve symptoms of Acne, Eczema, Psoriasis, dry skin, redness, or irritation. Rich in Vitamin A, E and K, it is a great moisturizer and helps the skin regenerate damaged skin cells, fading scars and smoothing stretch marks. It also has antibacterial properties that will help reduce infections and breakouts. It is rich in squalene, which is a compound with antioxidant, anti-inflammatory, and antibacterial properties to hydrate, lubricate, rejuvenate, soften skin, soothe irritation and help with aging.



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, Tocopherol, minerals and amino acids, give it powerful anti-oxidant, anti-inflammatory levels. Vitamin C and K antioxidants known as betalains also help promote 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 one and half times the amount of vitamin E found in Argan Oil. Vitamin E is known to help heal wounds faster and aid in skin regeneration.



RICE BRAN *Oryza sativa* **EXOTIC 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 into the scalp and skin softening and moisturizing. It has high levels of anti-oxidants, anti-inflammatory, antiviral, antibacterial and antifungal activity. 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 also aids in cell regeneration helping to treat acne, eczema and psoriasis.

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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.



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 has been an important ingredient in dermatological products. This antioxidant-rich vitamin is important in keeping cells in good health. The inflammation properties play a significant role in wound healing, a combination of various functions within the body that include cellular, molecular, and other mechanisms. Shown to be helpful in treating pimples, psoriasis, eczema and acne spots.



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 irritation, acne, eczema and psoriasis. It helps with skin and scalp circulation, supporting hair growth. This beautiful rich oil moisturizes, repairs and rejuvenates the skin and leaves it looking young and youthful.

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In general, all of these butters have anti-inflammatory properties and are gentle - great for moisturising all skin types.

COCOA *Theobroma cacao* **EXOTIC BUTTER**




Containing 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.

COFFEE *Coffea arabica* **BUTTER**



Is one of the richest sources of antioxidants, which protects the skin against free radicals. It also restores skin smoothness and protects against UV light. It improves blood flow giving skin a radiant look. It tightens the skin to reduce the appearance of cellulite, and prevents wrinkles. It's packed with vitamin E, fatty acids Omega 3 and 9 with strong antioxidants, promoting wound and scar healing. It has moisturizing properties, which give the skin a youthful look. It has a high concentration of chlorogenic acid, fatty acids, and phytosterols, both hydrating and softening to reduce the appearance of cellulite, helping manage symptoms of acne, sores, itching, scaling and dead cell build-up, like scar tissue.

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) that 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. Cupuacu 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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ILLIPE *Shorea stenoptera* **EXOTIC BUTTER**

Its main constituents are Palmitic Acid, Stearic Acid, Oleic Acid, Linoleic Acid and Vitamins A, which stimulates the production of collagen to reduce fine lines and wrinkles, fuels cell turnover, decreases oil-production, and has an anti-inflammatory and 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. 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. (This is why vitamin E is often thought of as a magical antidote for stubborn acne scars). Omega 6 linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity and omega 9 oleic acid has powerful anti-oxidant properties and prevents inflammation.



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 dry skin, acne, eczema and reduces wrinkles.



MANGO *Mangifera indica* **EXOTIC 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.

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MORINGA *Moringa oleifera* **EXOTIC BUTTER**

The main constituents of Moringa Butter are Behenic Acid, Palmitic Acid, Stearic Acid, and Omega 3, 6 and 9. Also rich in vitamins C and E, it exhibits anti-oxidant properties, soothes dryness and protect skin from the harsh elements. It's gentle on sensitive skin, replenishes the moisture barrier and promotes moisture retention, facilitating wound and scar healing. Exhibit anti-inflammatory properties, reducing acne, promoting wound and scar healing, stimulating production of collagen and cell regeneration to keep skin healthy, strong, and firm.



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

This butter is an incredible 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.



SHEA NUT (SHEANUT) *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 weather and ultraviolet rays, repairs scars and stretch marks. It has high levels of vitamins A, E and F and rich in antioxidants, which can help prevent fine lines and wrinkles brought on by free radicals. It hydrates skin by restoring moisture balance that contributes to its elasticity, boosts circulation and encourage 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.



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 crucial in healthy cell development and maintenance of healthy skin.

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Essential Oils for Acne, Eczema, Psoriasis & Skin Inflammatory Conditions

In the treatment of acne, eczema and psoriasis, several essential oils may play a therapeutic role with their anti-inflammatory antibacterial, antifungal and antimicrobial properties.



BERGAMOT *Citrus bergamia* **ESSENTIAL OIL**

Has antibacterial and anti-inflammatory, antiseptic, antispasmodic and analgesic properties that can help treat acne, eczema and psoriasis.



CAJEPUT *Melaleuca cajuputi* **ESSENTIAL OIL**

Similar to Tea Tree Oil, Cajeput Essential Oil has anti-inflammatory, antibacterial and antifungal properties, without the strong scent. Cajeput oil can help treat acne, eczema and psoriasis.



CALENDULA *Calendula officinalis* **ESSENTIAL OIL**

Has antifungal, anti-inflammatory, and antibacterial properties can help treat acne.



CEDARWOOD, ATLANTIC *Cedrus atlantica* **ESSENTIAL OIL**

Properties are Antiseptic, anti-inflammatory and antifungal, which is great for skin or scalp irritation such as dandruff or eczema.



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

Has calming anti-inflammation, antioxidant and antibacterial activity to naturally soothe redness and other concerns.

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CLOVE BUD *Eugenia caryophyllata* **ESSENTIAL OIL**

May relieve itching associated with skin irritation. As an antioxidant, anti-inflammatory, antifungal and antimicrobial, it may help kill bacteria and reduce infection related to eczema or psoriasis.



EUCALYPTUS BLUE MALLEE *Eucalyptus polybractea* **ESSENTIAL OIL**

The anti-inflammatory and antimicrobial properties can help to clear up some eczema, acne and psoriasis conditions. With anti-inflammatory properties, this oil may help calm irritated outbreaks of acne, eczema and psoriasis.



GERANIUM *Pelargonium graveolens* **ESSENTIAL OIL**

It's thought to have antibacterial, antioxidant, improve circulation and anti-inflammatory properties that can help reducing acne breakouts, eczema, psoriasis, skin irritation, and skin infections.



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

Has anti-inflammatory, antifungal, and antibacterial properties which may help acne and heal acne scars, eczema and calm psoriasis outbreaks.



JUNIPER BERRY *Juniperus communis* **EXOTIC ESSENTIAL OIL**

Juniper berry's antiseptic properties promote healthy skin conditions, and its astringent properties assist in toning skin. It is rich in flavonoids that function as potent antioxidants and may help reduce inflammation, helping skin wounds heal. Providing anti-inflammatory and antioxidant, antibacterial and antifungal activity, it may reduce effects of scarring.

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KUNZEA *Kunzea ambigua* **ESSENTIAL OIL**

Known for its antibacterial, anti-microbial, and anti-inflammatory properties, it's also TGA listed for pain-relieving, soothing abilities for skin, showing temporary relief of arthritis, rheumatism, muscular aches and pains, insect bites and inflammation, and cold and flu symptoms. Furthermore, it has a good reputation for easing stress, nervous tension, and mild anxiety, and may reduce visibility of scars. Moreover, it has been found to offer relief in managing acne, eczema and psoriasis.



LAVENDER *Lavandula angustifolia* **ESSENTIAL OIL**

Its major components linalool and linalyl acetate are anti-inflammatory, good for wound healing and antibacterial properties can also help relieve psoriasis, dermatitis, acne and eczema.



LEMON *Citrus limonum* **ESSENTIAL OIL**

It has antibacterial, antifungal, antiseptic activity and potential to reduce inflammation. It gently exfoliates dead skin cells, and shows potential to help heal acne and acne scars.



LIME *Citrus aurantifolia* **ESSENTIAL OIL**

It can act as a natural astringent on the skin, and is reputed to help clear oily skin. It is also used for cleansing the skin of blemishes and its antibacterial property may aid in the treatment of acne.



MYRRH *Commiphora myrrha* **EXOTIC ESSENTIAL OIL**

It has antioxidant, anti-inflammatory and antimicrobial properties that may help acne.

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Essential Oils for Acne, Eczema, Psoriasis & Skin Inflammatory Conditions



NEROLI *Citrus aurantium* **EXOTIC ESSENTIAL OIL**

It has antiseptic, antibacterial and anti-inflammatory properties, which all help to balance oily skin, reduce inflammation, kill acne-causing bacteria, prevent acne scars, and even skin tone. Neroli is a natural astringent, shrinking pores and preventing dirt and oil from getting trapped and also can minimize appearance of acne scars.



PEPPERMINT *Mentha piperita* **ESSENTIAL OIL**

Has antiseptic and antibacterial properties. It has a cooling effect, which soothes irritation and inflammation and controls the secretion of oil.



ROSE *Rosa damascene* **EXOTIC ESSENTIAL OIL**

Its anti-inflammatory properties show efficacy on acne prone skin. It is capable of both nourishing and disinfecting the skin. It is also used in treating scars and other skin imperfections.



ROSEMARY *Rosmarinus officinalis* **ESSENTIAL OIL**

Has anti-inflammatory, antibacterial, antifungal and antioxidant properties that help to regulate sebum production and prevent clogging of pores. It is also great for soothing scalp formulations.



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

A very gentle oil, it's great for those with sensitive skin or with acne breakouts due to its anti-inflammatory, anti-bacterial, antiseptic and astringent properties.

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TEA TREE *Melaleuca alternifolia* ESSENTIAL OIL

Has enormous healing potential due to its antiviral, antibacterial and antifungal effects. The antioxidant and antimicrobial activity may accelerate the wound-healing process. It also has antiseptic and anti-inflammatory properties. Its ability to boost immunity is helpful when you're caring for wounds and scars. In 2015, research indicated that tea tree is a promising option to topically treat inflammatory disorders and heal wounds.

THYME *Thymus vulgaris* ESSENTIAL OIL

Has powerful anti-inflammatory antibacterial and antifungal properties helping to fortify the skin and protect it against infection, which helps acne, eczema and psoriasis.



Ask us for our catalogue or additional application brochures to discover more natural solutions for your formulations!

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Carrier Oils, Essential Oils and Butters for Acne, Eczema, Psoriasis & Skin Inflammatory Conditions

Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. 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.



Image of woman by freepik - 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.

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