


# Carrier Oils, Essential Oils and Butters for Cellulite

Although harmless to human health, cellulite causes lumpy, dimpled skin that many people are bothered by and seek to treat. Put simply, cellulite is caused by excess fat that collects in pockets just under the skin's surface, typically around the hips, thighs and buttocks. It is more common in women, affecting 90% women and only 10% of men, due to the difference in women's fat distribution. Weight, muscle tone, genetics and hormonal factors also play a large role in the development of cellulite, skin structure, texture and body type.

Although no cure-all has been found to eliminate cellulite, several treatments may reduce its appearance, including topical cosmetic products that aim to firm, hydrate, improve cellular regeneration, circulation, elasticity and smooth skin. Here's some ingredients to consider for your next cellulite-fading formulations!



# Vital Elements for Reducing Cellulite



Of all compounds and nutrients, caffeine is one of the most commonly used active ingredients in cellulite-reducing products. Caffeine may improve cellulite by stimulating lipolysis, the metabolic process of transforming energy from fat cells. Retinoids also are thought to reduce cellulite by increasing dermal thickness, synthesizing new connective tissue components, and increasing the number of active fibroblasts. These following compounds provide additional support in reducing the appearance of cellulite...

## VITAMINS

**VITAMIN A** - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamers 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. Beta-carotene ( $\beta$ -carotene) is a precursor to vitamin A, which is found in carrot seed essential oil, a powerful antioxidant which repairs damaged tissue and rebuilds the collagen under the 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.

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# Vital Elements for Reducing Cellulite

## FATTY ACIDS

These fatty acids may enhance skin-hydration by sealing in the skin's moisture and reducing evaporation to the surrounding atmosphere. In addition, they offer the following benefit for cellulite-reducing products, and are commonly found in carrier oils.

**OMEGA 3** - 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. It's said to enhance skin's appearance by restoring suppleness.

**PALMITIC ACID** - Also an emollient and 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, and emulsify creams, lotions, balms and serums.



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

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# Carrier Oils for Reducing Cellulite


Carrier oils are basically oils derived from nuts and seeds of different plants. Based on the plant they have different properties. They can be used by themselves (as a moisturizer, to treat specific problems) or can be mixed with other carrier oils or essential oils. They are called carrier oils as they carry essential oils or any other absolute into the skin. The absorption of essential oil will depend on the chemical as well as physical properties of the oil.

## **ARGAN** *Argania spinose* **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 signs of aging by improving skin elasticity and cellulite. 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.

## **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. It's great for moisturizing, with carotenoids (acting as antioxidants), vitamin A, B, D and E, and Lecithin, a moisturising compound for hair and skin. Antimicrobial and anti-inflammatory, avocado helps skin stay smooth, strong, elastic, calms itchy skin, hydrates and moisturizes chapped skin, aiding in the repair of scars, shields skin from ultraviolet radiation, and protects against skin damage. Avocado oil's properties may give skin cellulite smoothness, strength and elasticity.

## **CAMELLIA** *Camellia japonica* **EXOTIC CARRIER OIL**




A rich source of Oleic Acid Omega 9, polyphenol antioxidants, vitamins A, C, D, & E Tocopherol, make it excellent for skin conditioning properties. It also contains fatty acids linoleic Omega 6 and palmitic acids, helping to maintain moisture, protect the skin from UV and environmental exposure, arresting the effects of free radical damage. Camellia oil absorbs very quickly into the skin and permeates into lower layers of skin, promoting cell growth, and giving skin support and flexibility. It helps minimize the appearance of scars and promotes healing. Vitamin A stimulates collagen production soothing fine lines and wrinkles. It also lightens sun-induced brown spots by increasing skin cell turnover which creates healthier new cells. Camellia oil can be especially helpful for the prevention and treatment of sagging cheeks, wrinkles and maintaining elasticity and tone of the skin. This amazing oil is packed full of antioxidants and omega fatty acids to fight against the signs of aging.

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## **COCONUT** *Cocos nucifera* **CARRIER OIL**

It's packed with omega-6 linoleic acid, anti-inflammatory, moisturising, antifungal, antibacterial and antimicrobial activity due to the medium-chain fatty acids like lauric acid. Coconut oil, containing up to 92 percent saturated fats, has the highest levels of saturates of all the vegetable oils. Its saturated fatty acid level is even higher than butter. Nature's answer to conditioning skin, coconut oil reaches lower levels of the skin, hydrating and reducing dryness that may be a cause of wrinkles and fine lines. It also contains tocopherol, which is an antioxidant that helps to rejuvenate aging skin. It boosts the production of collagen and encourages the regeneration of cells. Coconut Oil's constituents fight free radicals, reduce wrinkles, clear soothe skin, cellulite, moisturize and prevent premature aging and wrinkling.



## **FLAXSEED** *Linum usitatissimum* **CARRIER OIL**

Flaxseed Oil is one of the richest sources of alpha-linolenic acid, Omega 3. It also has a high content of oleic acid. These components make this oil a powerful anti-inflammatory and a natural antioxidant. It also has a high content of Vitamin E – making it a great moisturizing ingredient as well. It is a great addition to products for dry, sensitive and mature skin, and skin and haircare products in general. Since cellulite can be the result of lost elasticity and collagen, Flaxseed oil can help improve the body's ability to produce collagen and elasticity.



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


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. Reduces puffy eyes, dark circles, lessens the forming of eye-bags, and with its deep penetration nourishes the skin from within. As it is rich in Vitamin E, this oil can help tighten and moisturize the skin. 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 the pores. This oil has some astringent qualities and is good for oily skin and is easily absorbed. A great oil for the reduction of stretch marks, cellulite and to relieve dry itchy skin. Being a dry non-irritating oil, it does not leave a greasy film on the skin, so it is a good choice for all skin types and conditions.

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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. 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 like 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.



## **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.



## **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 youthful looking skin. It is an effective emulsifier and thickener in cosmetic formulations. Oleic acid Omega 9, an anti-oxidant, prevents inflammation and contributes to the skin's suppleness and moisture levels, reducing the appearance of aging. It may relieve symptoms of 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, heal wounds and scars.

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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, which gives elasticity to the skin and helps against signs of ageing, repairing scar tissue. Rosehip oil is high in vitamins C and A, and a rich source of antioxidants, antiviral, antibacterial, antifungal and essential fatty acids. These vitamins can help reduce signs of skin aging and may help prevent fine lines, unsightly scars, cellulite and 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.



## **SANDALWOOD SEED** *Santalum spicatum* **EXOTIC CARRIER OIL**

Sandalwood seed oil contains one of the rarest fatty acids found in the plant kingdom, ximenynic acid. It is a reliable source of acetylenic fatty acid called ximenynic acid (28-36.5%), which is an anti-inflammatory. Together with the emollient and nourishing properties of oleic acid with minor quantities of other common fatty acids, researchers have identified the pharmacological properties of Ximenynic acid as a potent anti-inflammatory agent that increases micro-circulation in skin and micro-vascular constriction to reduce varicose veins and cellulitis. It reduces sebum secretion (oily skin) and reduces fat deposition under skin (Adipose tissue). It improves skin tone, fine lines, increases skin hydration, derma strength and increases dermal micro-circulation to help with cellulite. It contains Omega 3, 6 and 9. Its properties support scar and wound healing via skin regeneration, treatment for acne, metabolic function, blood flow, circulation, and reduction of hyper-pigmentation in the skin, all of which leave the skin looking healthy and firmer.




## **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 cellulite and hair growth. This beautiful rich oil moisturizes, repairs and rejuvenates the skin and leaves it looking young and youthful.

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

Is rich in essential fatty acids and has a balanced ratio of omega 3, 6, and 9. It is full of anti-oxidant, antimicrobial and anti-inflammatory activity. Rich in vitamin E and phytosterols, it contains lignans, sesamol, and sesaminol. These compounds help fight free radicals. antibacterial, antifungal, and is an emollient. Due to its antibacterial properties, it is good for wound healing, scare tissue and cellulite. Some research shows that sesame oil may protect against damage from UV rays, as well.



## **SHEA NUT** *Vitellaria paradoxa* **EXOTIC CARRIER OIL**

Its tocopherol or vitamin E component may aid in fading skin scars, acne scarring and stretch marks, gradually evening out skin tone. This could give a smooth monotone complexion. The main components of Shea Nut Oil are Omega 9 Oleic Acid, Omega 6 Linoleic Acid, Stearic Acid, Palmitic Acid, and Triterpenes. The active properties boost collagen production, help promote cell regeneration by boosting circulation, keeping connective tissue strong and supple. As Shea Nut Oil easily penetrates and is absorbed almost instantly into the skin, it softens and moisturizes dry skin, leaving skin with a healthy glow. It will not leave skin greasy like alternatives. Pure shea oil is non comedogenic, so it will not block pores. It is anti-aging, anti-inflammatory and helps reduce signs of cellulite.



## **SWEET ALMOND** *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 sooth 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, prevent stretch marks and fade scars. Almond oil also contains retinol, vitamin E, and vitamin K, which can keep the delicate skin under eyes smooth without irritating it. It can help to lighten dark circles under the eyes and reduce under-eye puffiness, thanks to its anti-inflammatory and antioxidant properties. The nutrients in Almond Oil destroy free radicals, reducing fine lines, wrinkles and sagging skin and cellulite, which may help prevent premature aging and safeguard against sun damage.

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# Carrier Oils for Reducing Cellulite

## TAMANU (FORAHA) *Calophyllum inophyllum* EXOTIC CARRIER OIL

The main chemical constituents of Tamanu Oil are Omega 3,6, 9, powerful antibacterial, anti-oxidants and anti-inflammatory compounds. They also contribute to the skin's suppleness and moisture levels. Exhibiting antioxidant properties, they help fend off the impact of free radicals, reduce the appearance of aging, such as age spots, premature wrinkles, and fine lines, and relieve symptoms of dry skin or redness. Omega 6 helps prevent some of the most common scalp and skin conditions such as flaky residue, 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 inflammatory conditions of the skin. The Palmitic Acid, Stearic Acid, Tocotrienol/Vitamin E and other anti-oxidant activity, repairs and improves damaged skin while naturally enhancing the skin's regeneration process, thus often alleviating discoloration and pigmentation. 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. It soothes, repairs, and diminishes redness, scars, stretch marks, irritation, itchiness, dryness, and peeling leaving skin looking smooth and young looking.



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# Essential Oils for Reducing Cellulite

Essential Oils offer a plant based natural alternative to combating cellulite. Blending several oils together and adding to a carrier oil, cream or a body scrub will help to smooth and improve the appearance of cellulite by boosting the circulation when applied to the skin.



## **BLACK PEPPER** *Piper nigrum* **EXOTIC ESSENTIAL OIL**

The properties of this oil are powerful antioxidant, anti-inflammatory and circulation-boosting which helps reduce the appearance of cellulite.



## **CEDARWOOD ATLANTIC** *Cedrus atlantica* **ESSENTIAL OIL**

It drains swollen glands promoting circulation. Its anti-inflammatory and astringent properties may also help reduce cellulite.



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

Boosts blood circulation, which can aid in the elimination of toxins from skin and help to reduce the appearance of cellulite.



## **FENNEL** *Foeniculum vulgare* **ESSENTIAL OIL**

Its anti-inflammatory, antiseptic, antimicrobial and circulation-improving properties may help fight cellulite.



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

The antiseptic, anti-inflammatory, and rejuvenating properties aid skin cells to regenerate and smoothing the skin, helping to reduce cellulite.

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

It has anti-septic, anti-inflammatory and anti-oxidant properties, supporting circulation, enhancing elasticity and regenerating skin cells, creating new skin tissue thus helping to eliminate cellulite.



## **GINGER** *Zingiber officinale* **EXOTIC ESSENTIAL OIL**

The powerful circulation-boosting, detoxifying and invigorating properties help to reduce cellulite.



## **GRAPEFRUIT PINK** *Citrus paradisi* **ESSENTIAL OIL**

Has a unique enzyme called Bromelain, which has anti-inflammatory properties that may break down cellulite by reducing the fat in tissues.



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

Shown to aid in lymphatic system drainage, it can minimize cellulite through skin rejuvenating properties that help to break down cellulite, smoothing out the skin.



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

Regenerative properties help to eliminate dead skin cells creating new skin tissue in the process, which helps to reduce cellulite.



## **LEMON** *Citrus limonum* **ESSENTIAL OIL**

Is a natural detoxifier helping to remove toxins, which may help to break down cellulite.

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## **LEMONGRASS** *Cymbopogon flexuosus* **ESSENTIAL OIL**

Its circulation-boosting properties and limonene constituent help to reduce inflammation and may diminish the appearance of cellulite.



## **LIME** *Citrus aurantifolia* **ESSENTIAL OIL**

Its detoxification properties help to reduce toxins, which can lead to eliminating cellulite.



## **LITSEA CUBEBA (aka MAY CHANG)** *Litsea cubeba* **ESSENTIAL OIL**

The anti-inflammatory and astringent properties help reduce the appearance of cellulite.



## **MANDARIN** *Citrus reticulata* **ESSENTIAL OIL**

The main constituents of this oil improve circulation can help the minimize cellulite.



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

Has anti-inflammatory, antiseptic, antimicrobial and circulation-improving properties, which may help reduce cellulite.



## **SAGE** *Salvia officinalis* **ESSENTIAL OIL**

Its main properties are antifungal, antimicrobial, antioxidant and anti-inflammatory, assisting to smooth out the dimpled texture of cellulite.

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# Butters for Reducing Cellulite


**Cosmetic butters are produced from beans, nuts, or seeds. Their main function is to feed and nourish the skin with natural fatty acids, vitamins and minerals. Other benefits are to replenish lost moisture in the skin, increase circulation, and cell rejuvenation, and offer anti-inflammatory and antioxidant properties.**

## **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 of it being 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, like cellulite. 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 to reduce appearance of cellulite.

## **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, help manage symptoms of acne, sores, itching, scaling and dead cell build-up, like scar tissue.

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



With a high-capacity to absorb water, approximately higher than that of lanolin, it acts as a plant-based substitute. It contains phytosterols (especially beta-sitosterol), which 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 smoothing cellulite. 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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## **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 helping reduce signs of cellulite. 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 and reduces wrinkles.

## **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, reducing signs of Cellulite. 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.



## RESOURCES

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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.

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# Carrier Oils, Essential Oils and Butters for Reducing Cellulite

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.

Photo by Laura Tancredi from Pexels

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