



Carrier Oils, Essential Oils and Butters for Normal Skin



Normal healthy skin is balanced in oil and water content and has a smooth complexion, with no blemishes, no sensitivity, no flaky areas and minimally visible pores. It should have good elasticity, no greasy patches and overall balanced hydration levels. Even with well-balanced skin, it is important to maintain this and here are some of the ingredients that can help!



**NATURALLY
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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 for Normal Skin

ALMOND (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 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.



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 is 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, with potential to calm itchy skin, heal chapped skin, hydrate and moisturize skin, shield skin from ultraviolet radiation and protect against damage. Avocado oil's properties may give skin smoothness, strength and elasticity.



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COCONUT *Cocos nucifera* **CARRIER OIL**

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 and soothe skin, moisturize and prevent premature aging and wrinkling.



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.



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.



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.



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SUNFLOWER *Helianthus annuus* CARRIER OIL

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



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

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Butters for Normal Skin



ALMOND *Prunus dulcis* **BUTTER**

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



COCOA *Theobroma cacao* **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.



HEMP *Cannabis sativa* **BUTTER**

Is rich in polyunsaturated fatty acids, omega 6, omega 3 and protein. It is a good source of tocopherols, or Vitamin E antioxidants. Packed with minerals such as potassium, magnesium, iron, zinc, calcium, and phosphorus. It is easily absorbed into the skin, moisturizing without being greasy. Hemp seed is similar to our skin's own natural lipids, penetrating deep into the cells, moisturizing both the epidermis and subdermal layers. A natural emollient with healing properties that leaves skin looking rejuvenated and younger in appearance. It nourishes the skin and protects against dryness and the signs of aging that speed up during exposure to the sun and natural toxins.

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Butters for Normal Skin



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.



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

This butter's presence of Vitamin A & E, Omega fatty acids 3, 6 and 9, and most notably its high Lauric Acid content (nearly 47%), make it an incredible ingredient. Its 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. Recommended 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 has amazing healing properties.



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.

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Essential Oils for Normal Skin



BERGAMOT *Citrus bergamia* **ESSENTIAL OIL**

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



GERANIUM *Pelargonium graveolens* **ESSENTIAL OIL**

Works well for all types of skin, balancing the oil production that helps with moisturising the skin and also has antibacterial properties.



HELICHRYSUM *Helichrysum italicum* **ESSENTIAL OIL**

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



HYSSOP *Hysopus officinalis* **ESSENTIAL OIL**

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



LAVENDER *Lavandula angustifolia* **ESSENTIAL OIL**

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



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

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

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PALMAROSA *Cymbopogon martini* **ESSENTIAL OIL**

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



ROSE *Rosa damascene* **ESSENTIAL OIL**

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



ROSEMARY *Rosmarinus officinalis* **ESSENTIAL OIL**

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



SANDALWOOD *Santalum spicatum* **ESSENTIAL OIL**

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



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

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



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

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

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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.



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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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