

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Apricot Kernel Oil	<i>Prunus armenica</i> Family: Rosaceae Country of Origin: Europe, Asia, Middle East	Cold pressed from the kernels (seeds)	A pale-yellow oil, light textured, slowly absorbed oil.	Oleic acid (MFA), Linoleic acid (PFA) Palmitic acid (SRA); Vitamins A, B1, B2, B6, E. Light and non-sticky	Excellent for skin protection being both emollient and nourishing. Suitable for facial massage. Good for all skin types.	May be expensive.
Avocado Oil	<i>Persea Americana</i> Family: Lauraceae Country of Origin: Central and South America	Cold-pressed from the dried fruit flesh	The unrefined oil is dark green, viscous and rich with a distinctive green colour.	Contains lecithin (which contains phospholipids, which are an important part of all body membranes), saturated and monounsaturated fatty acids (essential for the body to function). High vitamin content: A, B, D. High in oleic and palmitic acids, also contains linoleic and linolenic acids	All skin types, if using unrefined avocado oil. It aids dermal regeneration and is highly nutritious. Stores well (because it contains a natural antioxidant). Emollient (softens and smooths skin). Good for dry and/or wrinkled skin. Unrefined (which is why, when chilled, the oil sometimes turns cloudy). Viscous but still penetrates the skin.	Can become sticky during massage. Has a strong and distinctive smell.

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Castor Oil	<i>Ricinus communis</i> Plant family: Euphorbiaceae Country of Origin: Europe, India, China, Brazil	Pressed or solvent extraction from castor bean seeds.	Castor oil is a colourless to very pale yellow liquid with a distinct taste and odour.	Useful for dry skin and scalp conditions. Used in ointments and compresses. High in Ricinoleic acid. Also contains linoleic, oleic, linolenic and palmitic acids.		Should only be used in small amounts in blended products as viscous.
Coconut Oil	<i>Cocos nucifera</i> Plant Family: Arecaceae Country of origin: South Asia, East Indies, USA	Sourced from the flesh of coconut.	Solid and white at room temperature or heat-extracted, fractionated oil is liquid.	High in saturated fats – caprylic, capric and lauric acids.extracto	Emollient properties make it good for all skin types.	Strong odour. May cause allergic reactions.
Evening Primrose Oil	<i>Oenothera biennis</i> Family: Onagraceae Country of Origin: USA, UK	Cold pressed from the seeds	A golden yellow oil, fine textured.	Contains gammalinolenic acid (GLA, PFA) and linoleic acid (PFA) which are both essential for the body but not made by it so must be provided by diet. GLA is also known to reduce the symptoms of pre-menstrual tension. Also contains oleic and palmitic acids.	Due to its high GLA content, the oil is valuable for a wide range of conditions. It is an excellent moisturiser useful for treating dry skin conditions including eczema and dandruff. Useful for PMT.	Expensive. Turns rancid quickly if not stored correctly.

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Grapeseed Oil	<i>Vitis vinifera</i> Family: Vitaceae Country of Origin: Mediterranean	Solvent or heat extracted from the seeds	A pale green oil, light textured, odourless, easily absorbed oil.	Vitamins A, B6. high in linoleic acid (a poly-unsaturated fatty acid, essential to the body and good for helping prevent heart disease). Also contains linolenic and oleic acids. Contains some vitamin E (which helps the oil keep for longer and protects/ nourishes the skin).	Slightly astringent – tightens and tones skin. Overall good emollient. Leaves the skin with a smooth satin finish without feeling greasy. An inexpensive oil with no odour, it has slightly astringent properties.	Produced by hot extraction (the raw material is heated beyond 70 degrees to extract the oil), therefore it is not as pure as some other oils. May also undergo solvent extraction, thereby increasing the risk of sensitising the skin.
Hazelnut Oil	<i>Corylus avellana</i> Plant family: Corylaceae Country of origin: Europe, North America	<i>Carbon dioxide extraction from the nut.</i>	Light yellow in colour.	Light, high in oleic acid, rich in vitamins A, B, E, also contains linoleic, linolenic and palmitic acids, good for oily or combination skin.	Useful for clients with an oily skin type, acne. Has astringent properties.	May be expensive

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Jobba Oil	<p>Simmondsia sinensis</p> <p>Family: Simmondsiaceae</p> <p>Country of Origin: USA, Mexico</p>	Cold pressed from the beans.	A pale-yellow liquid wax, light textured, and highly absorbent.	<p>Useful for many conditions: its chemical structure is similar to that of the skin's own oil, sebum, so it is useful for treating both excessive sebum production (oily skin and/or acne) because it can dissolve the sebum, as well as underproduction, such as dry skin, dandruff or other dry skin conditions like eczema and psoriasis.</p> <p>Nourishing. Contains many fatty acids including stearic, erucic, palmitic and palmitoleic acids.</p>	<p>Jobba is one of the most versatile carrier 'oils'. It is suitable for all skin types, including blemished and oily skin, as it helps to nourish and balances the skin and unclog the pores.</p> <p>Acts as a natural sunscreen.</p> <p>Stable (i.e. Does not evaporate or react easily with the air) so keeps well.</p>	Expensive.
Linseed Oil	<p>Linum usitatissimum</p> <p>Plant family: Linaceae</p> <p>Country of Origin: UK, USA, India</p>	Heat extracted from the dried, ripened seeds of the flax plant.	A colourless to yellowish oil.	Rich in omega-3 fatty acids - Linolenic acid, oleic and Linoleic acids.	A rich, healing oil useful for cellulite.	Oxidises rapidly. May be sticky so blend with other oils.

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Macadamia Oil	<p><i>Macadamia ternifolia</i></p> <p>Plant family: Proteaceae</p> <p>Country of Origin: Australia, Africa</p>	Cold pressed from the macadamia nut.	Golden colour.	<p>Good for dry/wrinkled skin (considered to be anti-ageing). Emollient.</p> <p>Contains palmitoleic acid, also found in sebum (so therefore useful for treating both dry and oily skins).</p> <p>Also contains oleic, palmitic, stearic and linoleic acids.</p>	<p>Stable.</p> <p>Fine texture.</p>	Expensive.
Olive Oil	<p><i>Olea europaea</i></p> <p>Plant family: Oleaceae</p> <p>Country of Origin: Europe</p>	Extracted from the olive fruit.	A liquid fat obtained from olives.	<p>Emollient, rich in vitamins.</p> <p>Contains oleic, palmitic, linoleic and linolenic acids.</p>	<p>Soothes inflamed skin and tissues.</p> <p>Relatively inexpensive.</p>	<p>May stain due to chlorophyll content.</p> <p>May be sticky so useful blended with another fixed oil.</p> <p>Strong odour.</p>
<p>Peanut Oil</p> <p>Also known as Arachis or Groundnut oil</p>	<p><i>Arachis hypogaea</i></p> <p>Plant family: Fabaceae (Leguminosae)</p> <p>Country of Origin: USA, Australia, Asia</p>	Pressed / solvent extraction from the nut.	Refined groundnut oil is odourless, whereas crude oil usually has a nut-like aroma.	<p>Rich in emollients.</p> <p>Contains oleic, linoleic, palmitic, arachidonic and arachidic fatty acids, vitamin E, magnesium and copper.</p>	<p>Suitable for dry skin.</p> <p>Inexpensive.</p>	<p>May be sticky.</p> <p>Must be avoided with clients with nut allergies.</p>

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Peach Kernel Oil	<i>Prunus vulgaris</i> Plant family: Rosaceae Country of Origin: Mediterranean	Typically, cold pressed from the stone/seed of peaches.	Fine and easily absorbed, a light and velvety textured oil.	Similar (in terms of chemical structure and effects) to sweet almond and apricot kernel oils. Light texture, high in vitamins A and E, oleic acid and linoleic acid. Rich in vitamins (A, B1, B2, B6).	Keeps well. Good for all skin types, emollient, anti-inflammatory. Protects and nourishes skin.	Expensive. Almond oil is sometimes substituted for Peach kernel – so needs careful sourcing.
Sesame Oil	<i>Sesamum indicum</i> Plant family: Pedaliaceae Country of Origin: Mediterranean, India	Extracted from the seeds.	Nourishing, healing. odour free oil. easily absorbed by the skin.	High in oleic and linoleic acids, minerals and Vitamin E. It also contains linolenic acid.	It has a natural SPF (Sun protection factor) It is healing to dry skin, eczema and psoriasis. Good for dry skins.	May be sticky on some skin types.
Soya Oil	<i>Glycine max</i> Plant family: Fabaceae (Leguminosae) Country of Origin: USA, South America, Asia	Solvent extracted from the soya bean.	Light, smooth, oil.	Not as rich in vitamins as some other oils, does contain a small amount of Vitamin C. High in linoleic and oleic acids. Also contains palmitic, linolenic, stearic and palmitoleic acids.	Light, smooth, oil. Suitable for all skin types.	May cause skin reactions. Oxidises rapidly.

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Sunflower Oil	<i>Helianthus annuus</i> Plant family: Asteraceae (Compositae) Country of Origin: Europe, Africa	Solvent extraction or pressed from the seeds.	Light yellow in colour.	Light, non-sticky, rich in vitamins A, B, D and E. Healing to the skin, so useful for treating skin diseases, bruises. contains linoleic, oleic, palmitic and linolenic acids	Light. Inexpensive. Good for all skin types.	Absorbed slowly, ideally mix with other carriers/fixated oils.
Sweet Almond Oil	<i>Prunus dulcis</i> Family: Rosaceae Country of Origin: Asia, Middle East, and Mediterranean	Cold pressed from the kernels	Pale-yellow oil with a slightly nutty aroma	Contains high percentage of vitamins (A, B1, B2, B6) and mono- and polyunsaturated fatty acids (essential for the body to function) Linoleic, oleic, palmitic and linolenic acids	Excellent emollient as it softens, revitalises, protects and nourishes skin. It is one of the most useful, versatile and multipurpose oils. Keeps well due to vitamin E content.	None
Walnut Oil	<i>Juglans regia</i> Plant family: Juglandaceae Country of Origin: Europe	Cold pressed extraction from the nut.	A very pale fatty oil.	Rich in essential fatty acids, emollient - linoleic, oleic, palmitic and stearic acids.	Normally cold-pressed, so high in nutrients. Good for dry, ageing, or irritated skin.	Can sometimes have strong nutty odour. Use in blends with other oils as it's expensive.

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Wheatgerm Oil	<p><i>Triticum vulgare</i></p> <p>Plant family: Poaceae (Graminae)</p> <p>Country of Origin: Worldwide</p>	From the vitamin-rich 'germ' (i.e. The seed of the seed which will grow into wheat) of the wheat kernel.	Orangey-brown in colour.	<p>Stabilises other oils and blends because it is a natural antioxidant*; adding 5-10% wheatgerm oil to another carrier or a blend will help preserve it for a couple of months.</p> <p>Contains vitamin E and linoleic, palmitic, oleic and linolenic fatty acids.</p>	<p>Good for reducing scarring after operations.</p> <p>Useful on dry/mature skins.</p>	<p>Too thick and sticky to use alone for massage; needs to be mixed with a light oil.</p> <p>May cause allergies.</p>
<p>*oxidation is a chemical reaction caused by the presence of oxygen: for example rust is the result of a metal reacting with oxygen and moisture an antioxidant slows or prevents the reaction and in the case of oils helps to preserve them.</p>						