

Nourishing Vegan Oils contain various anti-oxidants, vitamins and omega fatty acids that naturally moisturize, protect and enable the rejuvenation of damaged skin cells. They are also great mediums for essential oil blends.

**Apricot Kernel Oil** (cold, pressed refined) great for all skin types high in Vitamin A & E, least likely to aggravate acne.

**Argan Oil** (organic, cold pressed, deodorized) for dry skin that requires extra anti-oxidants. High in Vitamin E makes this an excellent oil for healing scars.

**Camellia Oil** (organic, refined, cold pressed) excellent for protecting the skin and improving aging skin. Absorbs well, leaves a silky texture also great for nails and hair.

**Carrot Seed Oil** (infused oil) reputedly known for conditioning the hair and skin, often added to salves and facial oils, specifically geared towards healing sun damaged skin, eczema, scarring and acne due to high content of carotenoids. Best when combined with other carrier oils. [Note not the same as carrot essential oil]

**Castor Oil** (unrefined, cold pressed) excellent for poultices, or used to protect the skin from harsh environments such as wind and extreme cold. Also acts as a good dispersing or emulsifying agent when blended with other carrier oils.

**Coconut Oil** (refined, heat processed 'fractionated') non-irritating, hypoallergenic, penetrates the skin almost instantly making it a great moisturizer and an excellent medium for massage (does not go rancid).

**Hemp Oil** (cold pressed, refined) for mature skin that requires extra fats for lipid loss, high in naturally occurring omega 3, 6 and specifically omega 9.

**Jojoba Oil** (cold pressed, unrefined) high in fatty acids, vitamins, and lipids which help to reduce inflammation, and soften chapped and irritated skin. Jojoba oil has similarities to sebum, our skin's natural oil, great for body perfume blends.

**Pomegranate Oil** (cold pressed, refined) nourishes and soothes all skin types while providing PH balance. High in fatty acids specifically. Punicic acid which is known to protect the skin from sun damage and ward off free radicals it also possesses anti-inflammatory properties.

**Red Raspberry Seed Oil** (refined) high in essential fatty acids, Vitamin A & E. Well tolerated for sensitive skin, best when blended with other cold pressed vegan oils. Reputedly known to contain low levels of natural occurring ultra violet light filters.

**Rosehip Oil** (refined) for weathered mature skin that requires extra anti-oxidants such as Vitamin C, reputedly known for its cell regenerating properties in smoothing and diminishing scar tissue.

**Sea Buckthorn Berry** (Co2 extraction) assists with healing damaged skin by speeding up the granulation process. Very high in Beta Carotene, Sea Buckthorn Berry Oil should not be used on it's own, rather it should be used as an 2-5% additive to other preparations (just 5-10 drops in a 30 ml carrier oil).

## Create Your Own Aromachology Potions

Make your own natural massage oils, face serums, and naturally scent your own body care products. Use various nourishing vegan oils and unscented cosmetic bases and combinations of essential oils. Create your own facial toners with witch hazel, hydrosols and essential oils. For more information consider taking one of our classes for more information visit our website and blog.

**[bespokearomatics.com](http://bespokearomatics.com) & [livelovesmell.com](http://livelovesmell.com)**

**Disclaimer:** The information provided in this brochure is a compilation of basic essential oil usage guidelines reiterated from a number of reputable sources. Please be advised that none of Bespoke Aromatics owners or employees advocate and/or promote the use of essential oils, nourishing vegan or carrier oils and other cosmetic bases or ingredients to treat, cure or prevent any health condition or disease. The information provided on this leaflet is merely intended as a general guideline showcasing the ways in which natural substances could be used as alternatives to enhance and improve the texture of your skin and to create naturally scented massage oils and body care products rather than using body care products that are scented with synthetic perfumes.

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**Keep all Essential Oils out of the reach of children  
 Accidental Ingestion—Call 911  
 Ask us about using Essential Oils in diffusers with children & pets.**



Essential oils are full of vitality, capable of rejuvenating our lives on so many levels physiologically and psychologically.

Pure Essential Oils contain constituents that are antiseptic, antimicrobial and many possess insecticidal properties, some essential oils may provide topical relief related to musculoskeletal disorders, due to their cooling and/or warming properties, and some essential oils may benefit skin conditions. For more information about Essential Oils please refer to our master brochure. [The following Essential Oils are very beneficial in skin care preparations.](#)

**Basil** has refreshing and tonic properties that benefit sluggish congested skin and has been known to help control acne, best used in wash off mediums.

**Carrot Seed** (distilled Queen Anne's Lace) complexion, tone and elasticity. It's great for inflammation, wrinkles and aging skin.

**Chamomile, Roman** soothes irritated and inflamed skin, improves the skins elasticity, reputedly known to calm eczema.

**Clary Sage** is known for it's cell regenerating properties, improves skin tone and may help to control acne, use well diluted or in a cleansing wash off medium.

**Frankincense serrata** gives new life to aging skin. Some research indicates that it may be helpful in restoring skin that has been damaged by years of sun exposure. It's astringent properties may help to combat microbial issues related to acne and rosacea.

**Geranium** is useful for all types of skin conditions, specifically it helps to slow down the over production of sebum. Upon initial application it may cause skin to tingle for a few minutes this is due to the fact that geranium helps to improve circulation resulting in a healthy glow.

**Helichrysum** is commonly used in skin care products due to it's cell regenerating qualities. Reputedly known to assist in the healing of scars, acne and various forms of dermatitis and possesses anti-fungal properties.

**Lavender** is one of the most useful oils and generally non-irritating, heals and protects the skin from sun damage and dry conditions such as eczema.

**Lemon** possesses exfoliating properties, cleanses and controls oily skin.\*

**Mandarin** helps to control sebum, when blended with Lavender and Neroli, makes for an excellent scar tissue and stretch mark regenerator.\*

**Neroli** (orange blossom) improves dry sensitive and aging skin due to its cell regeneration properties, also known to improve the skins elasticity, reputedly known to help prevent the formation of thread veins.

**Orange** improves the skin's ability to expel toxins and benefits very oily skin.\*

**Palmarosa** helps to restore the skins natural humectant stability, it's gentle and toning qualities are great for dry and sensitive skin.

**Patchouli** is reputedly known for it's anti-inflammatory and anti-oxidant properties, is also known to slow down photo-aging, may inhibit sweat and acts as a good deodorizer.

**Petitgrain** (orange leaf) has tonic properties that are excellent for sluggish skin and acne, add 1-2 drops to face masks along with 1-2 drops of Carrot Seed.

**Rose otto** (rose petals, distilled) highly valued in skin care formulas for mature, dry and sensitive skin, improves sluggish circulation and tones capillaries. Rose otto works synergistically well with rose hip oil. (see other information panel)

**Sandalwood** particularly good for dry, aging and dehydrated skin, has antiseptic and anti-inflammatory properties.

**Tea tree** reputedly known for it's antimicrobial, anti-fungal and insecticidal properties. Particularly helpful with acne and foot care.

\*See notes inside with respect to citrus oils.