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Carrier Oils: Skin Benefits And Uses

With Margaret LaPierre, BS, Dip. HHP, Cert. Aroma, LME

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Presenter Bio:

Margaret LaPierre, BS, Dip. HHP, Cert. Aroma, LME

Margaret is a native Virginian. She holds a Bachelor's degree in Health & Wellness, is a Licensed Master Esthetician, and Master Esthetics Instructor. She has trained extensively with top industry leaders in the skincare field. She has a skincare clinic and combines holistic and traditional skincare therapies to work with clients who have menopause & hormonal dysfunction, dermatologic and global skin tone issues. She is Oncology-trained to work with individuals with cancer and certified in Osteopathy for facial esthetics.

Margaret and six estheticians were instrumental in working with the General Assembly to establish licensing regulations for the esthetics profession in Virginia. She now serves as Chair on the regulatory board. She also teaches esthetics, aromatherapy, and holistic therapies at an esthetics/massage school and is a presenter on various topics at skincare conferences.

She shares her love of holistic medicine with

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Carrier Oils

Watch the video recording of "Carrier Oils: Skin Benefits and Uses"

Carrier oils have therapeutic properties which are beneficial for good skin health. Come and learn easy ways to incorporate carrier oils into your skin care regime. Margaret will demonstrate how to make the following skin care preparations: hydrating facial oil, hot oil hair treatment, first aid oil, blend and a burn ointment.

Watch Here

What are carrier oils?

- Derived from plants, seeds, kernels, nuts, and fruit.
- May also be called base, fixed, or vegetable oils.
- Some have a dual purpose.
- Carrier oils do not evaporate.
- Can be used alone, with essential oils or infused with herbs.
- Used to dilute essential oils to help them absorb into the skin.
- Therapeutic properties beneficial for the skin.

Carrier oils are derived from plants, seeds, kernels, nuts, and fruit.

Choosing a carrier oil

- Cold-pressed and organic.
- No additives or preservatives.
- Shelf life of carrier oils varies.
- Know your method of application.
- Know the skin type of the individual.
- Check for allergies and skin sensitivity.
- Purchase from reputable vendors.

Make sure to purchase your carrier oil from reputable vendors.

Get your carrier oils from the ACHS Apothecary Shoppe! At the Apothecary Shoppe, you can shop with confidence knowing that ACHS President and Founder Dorenne Petersen has hand-selected each and every product and had it carefully tested and assessed by trained Apothecary Shoppe staff.

Shop Carrier Oils

Sweet Almond Oil
Prunus amygdalis var. dulcis

- Cold pressed from the seed of the bitter or sweet almond tree
- Closely related to the sebum in the skin
- Oily and leaves a residue
- Good for all skin types
- Should be avoided with individuals withnut allergies
- Shelf life 2 years

Apricot Oil
Prunis armeniaca

- Expressed from a variety of peach and apricot trees
- A good substitute for Sweet Almond oil
- Greasy but does not leave a residue
- Good moisturizer
- Shelf life 1 year

Camellia Oil
Camellia japonica

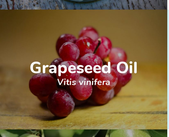
- Expressed from the seeds of the tea plant
- Light, leaves no residue
- Non-comedogenic
- Shelf life 2 years

Hydrating Facial Oil:

- 2 teaspoons Camellia oil C. japonica
- 3 drops Roman Chamomile EO Chamaemelum nobile

Coconut Oil
Cocos nucifera

- Expressed from the flesh inside the shell.
- Mild coconut fragrance•Good for dry sensitive skin
- Fractionated coconut oil is better for theface
- Gives soap its foaming action
- Resistant to becoming rancid
- Shelf life 2 years



Grapeseed Oil
Vitis vinifera

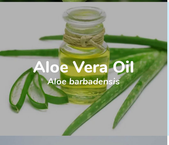
- Expressed from the seeds
- Lightest of carrier oils
- Absorbs easily and leaves no residue
- Good for acneic skin
- Makes a great makeup remover
- Shelf life 1 year

Jojoba Oil
Simmondsia chinensis

- Expressed from the seed of the jojoba shrub.
- A wax, not an oil
- Similar to sebum in the skin
- Highly viscous and used in personal careproducts
- Does not go rancid

Hot Oil Hair Treatment:

- 1 tablespoon Jojoba oil
- 1 towel in hot water
- (1 drop of Lavender or Rosemary essential oil optional)



Aloe Vera Oil
Aloe barbadensis

- Expressed from organic, spray-dried or dehydrated aloe vera leaves
- Not the same as aloe vera gel
- Light, absorbs readily and leaves noresidue
- Great for first aid
- Shelf life 8-10 months

First Aid Oil:

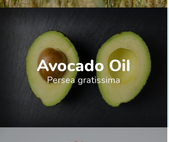
- 1 oz. Aloe Vera oil
- 6-12 drops Lavender EO L. angustifolia

Wheat Germ Oil
Triticum aestivum

- Expressed or solvent extracted from the embryos of wheat
- Great for first aid
- An antioxidant and has Vitamins A & E
- Shelf life 6 months

Burn Ointment:

- Equal parts wheat germ oil, powdered comfreyroot and liquid honey.



Avocado Oil
Persea gratissima

- Expressed from dried avocado flesh
- Strong, earthy and green
- Highly penetrating, thick and non greasy
- Good for individuals with cancer
- Found in personal care products
- A source of Vitamin D
- Shelf life 1 year

Calendula Oil
Calendula officinalis

- Made by infusing fresh or dried flowers in a carrier oil.
- Emollient, anti-inflammatory and calming
- Good for those undergoing radiation
- Vitamin C, antioxidant
- Anti tumor properties and helps to block UVB rays
- Shelf life 2 years

St. John's Wort Oil
Hypericum perforatum

- Infused or steam distilled from flowers
- Anti inflammatory, astringent, and antiseptic
- Used in personal care products
- Known for rapid healing
- Skin patch test for sensitivity
- Pregnancy contraindication
- Shelf life 2 years

Tamanu Oil
Calophyllum inophyllum

- Polynesian oil cold pressed from the seed of the fruit
- Strong, nutty aroma
- Aids in wound healing
- Effective germicide
- Promotes cell rejuvenation
- Shelf life 4 years from pressing

Questions? Contact ACHS Professor Margaret LaPierre

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Skin THERAPY OF VIRGINIA

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Where tradition meets science.

About ACHS

American College of Healthcare Sciences is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, Dorene Petersen, who founded the college in 1978 as a pioneer in holistic health education.

We award degrees, diplomas, certificates and microcredentials in Integrative Health, Aromatherapy, Holistic Nutrition, Herbal Medicine, and an MBA with Specializations in Integrative Health & Wellness and Sustainable Business.

Want to learn more?

Fill out a form to request more information and one of our helpful admissions advisors will get in contact with you to discuss your educational goals.

We look forward to hearing from you!

Request Information

Free Education

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View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

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The ACHS blog, which made the Best Holistic Health Blogs of 2020 list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

- You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.
- Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

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CLEAR MIND ROLL ON

- **Peppermint** *Mentha ×piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

- Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.
- Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.

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If you are excited to try out these DIY blends, head over to the Apothecary Shoppe where we specialize in certified organic and pesticide-free essential oils and wellness supplies!

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