

Carriers

Latin Name and Description

CARRIER	NAME	DESCRIPTION
Sweet Almond	<i>Prunus dulcis</i>	Sweet almond oil is one of the most commonly used cold pressed carrier oils. A delicate pale yellow colour, it is known for its revitalising and gently soothing properties.
Apricot Kernel	<i>Prunus armeniaca</i>	Apricot Kernel oil is a pale yellow colour and is rich in vitamins. It is a natural moisturiser and helps to prevent dry, itchy skin.
Argan	<i>Argania spinosa</i>	Lowers cholesterol levels, stimulating circulation and strengthening the body's natural defences. Light, yet naturally rich in vitamin E, argan oil is popular as massage oil.
Arnica	<i>Arnica Montana</i>	Beneficial to the circulatory system Arnica can be used for angina, tired hearts and coronary artery disease. It is best known for its ability to help bruising and pain.
Avocado	<i>Persea gratissima</i>	Avocado is a penetrating oil, and invaluable when added to massage preparations to help cellulite and fluid retention. It is rich in lecithin and vitamins A, B and D.
Borage	<i>Borago officinalis</i>	This oil has a high content of gamma linoleic acid (21%) and is invaluable internally for hormonal imbalance.
Calendula	<i>Calendula officinalis</i>	Produced by steeping marigold blossoms in sunflower oil giving a carrier oil with healing plant properties. It is known for its gentle and soothing qualities that aid the regenerative process.
Camelia	<i>Camellia sasanqua</i>	Camelia oil is also known as tusbaki oil; it is used in skin care products, as a seasoning for salads and for cooking and frying. The oil is soothing to the skin.
Carrier oil blend		This is Penny Price's own special blend of sunflower, almond and apricot oils. It penetrates the skin easily, leaving it feeling smooth and soft. The almond helps to soften the skin and the apricot enriches the mix.
Carrot	<i>Daucus carota</i>	Rich in vitamins A, B, C, D, E and F, especially beta-carotene. It is used to treat burns and is anti-inflammatory. Carrot is also an effective skin rejuvenator.
Castor Bean	<i>Ricinus communis</i>	Good for blackheads and to care for the hair and scalp. Castor bean is used externally for abscesses, itching, dandruff, haemorrhoids and has a long shelf life so is added to many food products.
Coconut	<i>Coco nucifera</i>	For use in Indian Head Massage it is fractionated to give a clear liquid that is nourishing to the hair and scalp. Also useful for very dry skin.
Comfrey	<i>Symphytum officinale</i>	It is most useful after an operation or injury, or in the case of festering wounds, such as leg ulcers and bed sores.
Echinacea oil	<i>Echinacea purpurea</i>	Echinacea has been shown to stimulate natural interferon production and Beneficially enhances the immune system. It can also be used to help heal wounds.
Evening Primrose	<i>Oenothera biennis</i>	Popular for internal use because of its GLA (Gamma Linoleic Acid) content, it is used for its naturally soothing and regenerative properties on the skin.
Grapeseed	<i>Vitis vinifera</i>	Internally it is used to reduce cholesterol and externally it is good for massage on oily skin.
Hazelnut	<i>Corylus avellana</i>	Hazelnut is particularly beneficial to a combination or oily skin. It is astringent and stimulating to the circulation.
Hypericum	<i>Hypericum perforatum</i>	The oil is noted for its ability to soothe and relax the nervous system.
Jjoba	<i>Simmondsia chinensis</i>	A golden coloured wax, with many properties including: anti-inflammatory, arthritis, rheumatism, dry scalp, psoriasis, eczema, sunburn, chapped skin, nappy rash and acne vulgaris. Jjoba, unlike other carrier oils, has been proven to penetrate the skin.
Lavender	<i>Lavandula angustifolia</i>	Lavender macerated in a sunflower base, holding many of the same properties as the essential oil, including being good for skin complaints, stress, tension, headaches and insomnia.
Linseed	<i>Linum usitatissimum</i>	contains vitamin E and β -carotene, soothing to the skin and so good for burns and scalds and can also help ease the elimination of gallstones. It can also be taken internally for the bowel and digestion as it cleanses the digestive track.



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Macadamia	<i>Macadamia intergrifolia</i>	Macadamia helps to replenish lost sebum in a dry skin and is highly emollient making it essential for the older woman.
Melissa oil	<i>Melissa officinalis</i>	Melissa oil is indicated for massage on "heavy legs", especially in combination with cypress essential oil. Beneficial on dry and mature skin and has the same benefits as the essential oil, although much weaker in effect.
Mustard seed	<i>Brassica nigra</i>	Circulatory stimulant, good for cold limbs, irritant, anti-arthritis and analgesic, good for aching feet and chilblains
Neem	<i>Azadirachta indica</i>	Neem oil is an ingredient in toothpastes, lotions and soaps. Neem is antibacterial, antifungal, anti-inflammatory, insecticide, tonic and good for the skin.
Olive, extra virgin	<i>Olea europaea</i>	Olive oil is very good for itchy skin, antipruritic, cholagogue, demulcent, emollient, laxative, relaxant and vulvular
Passion flower	<i>Passiflora edulis</i>	The fixed oil, high in Vitamins A and C and potassium is commonly used in sun care products and massage oils as it has been found to be a good relaxant.
Raspberry seed	<i>Rubus idaeus</i>	Red raspberry seed oil has more pronounced anti-inflammatory properties than other oils and may prove to be most effective oil to use in the treatment of eczema, psoriasis and other skin conditions
Rosehip	<i>Rosa rubiginosa</i>	Research in Chile shows rosehip oil to be a tissue regenerator perhaps due to its high unsaturated fatty acid content, making it an excellent oil for a mature skin. It has been shown to be effective on scars, wounds, burns, sunburn, eczema and ageing.
Safflower	<i>Carthamus tinctorius</i>	Can aid prevention of chronic degenerative diseases, cholesterol from hardening and normalize metabolism. Also beneficial to diabetics, angina and circulatory problems, bronchial asthma and nephrosis. Safflower is also known to have diuretic properties and is good for eczema and dry skin.
Sea buckthorn	<i>Hippophae rhamnoides</i>	A good source of vitamin E. The oil helps to prevent oxidation and therefore is anti-aging. Very nourishing to the skin as it can penetrate into the top layers of the skin and help moisturise and nourish. Sea buckthorn is useful in cases where there is illness and debility.
Sesame	<i>Sesamum indicum</i>	Sesame is rich in vitamins A,B and E and also in calcium, magnesium and phosphorus. Good for anaemia, spleen disorders and is soothing to the digestive tract as well as being a mild laxative and relaxative. Used in a 20% dilution for massage it is beneficial for rheumatism, psoriasis, dry eczema, broken veins and skin conditions. It has been reported as causing hypersensitivity
Soya bean	<i>Glycine max</i>	Containing vitamins A, B complex and E, Soya bean is also one of the few foods to have all 22 health giving amino acids and is also cholesterol free, rich in lecithin and have a low content of saturated fats making it an easily digested oil to be taken in to the body. This also makes Soya bean a helpful oil for arteriosclerosis and cholesterol build up.
Sunflower	<i>Helianthus annuus</i>	Sunflower oil is ideally suited for its use in aromatherapy for a normal to dry skin. It gives a smooth satin finish and is rich in vitamin E.
Vitamin E Grain Mix	<i>Various</i>	A blend of wheatgerm, sunflower seed, soya and other carrier oils that are rich in vitamin E to help rejuvenate and replenish a dry or aging skin.
Walnut	<i>Juglans regia</i>	The oil is analgesic, antilactagogue, anti-inflammatory, antilithic, antispasmodic, aperative, astringent, digestive, moisturising (lungs), parasiticide, tonic, vasoconstrictor, vermifuge, vulvular
Wheatgerm	<i>Triticum vulgare</i>	Wheatgerm is a rich oil and is excellent for dry, mature skin. It contains proteins and vitamins, including vitamin E.
White Lotion		This is a unique blend made up entirely of vegetable products and has been especially formulated by Penny Price for Aromatherapy. It is a perfect carrier for essential oils being non-greasy and easy to apply. White lotion is easily absorbed into the skin, leaving it smooth and grease free.

