

Borage Carrier Oil

A rich, natural source of GLA, an amino acid considered vital to maintaining healthy moist skin, borage is clinically proven to effectively treat skin disorders. While most moisturizers don't penetrate much below the skin's surface, this unique formula delivers its benefits right to your skin's cells to naturally combat redness, flaking, and moisture loss. Provides immediate and long-lasting relief.

Uses:

- ❑ Excellent oil for facial massage of all types, specifically mature skin.
- ❑ Massage for stressed, tired skin.
- ❑ Mix with essential oils for a more customized treatment.
- ❑ Combine with salts for a rejuvenating glow.
- ❑ Combine with muds for hydration and easier removal.
- ❑ 2-20 drops depending on liquid from other actives.

For body massage, a normal dilution of 2% or a strong dilution of 3% would be sufficient. For hair or facial massage, a weak dilution of 0.5% or a low dilution of 1% would be sufficient. (Note: Some oils are skin irritants and should not be used on your face at all. Also, if used on the body, such oils should be used at a 0.5% dilution or lower.

This translates to:

- ❑ 1 drop of essential oil to 1 teaspoon of carrier oil for a 1% dilution.
- ❑ 2 drops of essential oil to 1 teaspoon of carrier oil for a 2% dilution.
- ❑ 3 drops of essential oil to 1 teaspoon of carrier oil for a 3% dilution.
- ❑ 1 drop of essential oil to 2 teaspoons of carrier oil for a 0.5% dilution.