

## Sweet Almond Oil

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Sweet Almond oil is the first choice of many aromatherapists as it is good for all skin types and conditions, especially eczema. It absorbs quickly into the skin, leaving it soft and non- greasy. It is excellent for making massage oils, or any recipe that calls for a vegetable carrier oil. It helps relieve itching, soreness, dryness, and inflammation. It is useful against burns and thread veins. Almond oil goes rancid quickly, so blends made with it must be used quickly.

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, such oils, if used on the body 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.