

Jojoba Organic Carrier Oil

A liquid wax rather than an oil, jojoba mimics sebum and penetrates skin very rapidly. It is therefore not good for massage, but excellent for nourishing skin. It is healing for inflamed skin, psoriasis, eczema, or any sort of dermatitis. It can help control acne and oily skin since excess sebum actually dissolves in jojoba. Jojoba is anti-oxidant and may help extend the life of other oils. Used also for hair care. Good for all skin types, but can sometimes clog pores. The myristic acid it contains is anti-inflammatory, so this could be a good base oil for treating rheumatism and arthritis. Use a 10% dilution or full strength.

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