

Rose Hip Carrier Oil

Rose hip oil is the queen of the carrier oils. This is the most wonderful carrier oil you could use for skincare. Rose hip seed makes a good oil for cosmetics and for tissue regeneration. It is also good for eczema, psoriasis, PMS, and menopause. It may be combined with calendula oil to treat stretch marks, burns, or scars. This is a very pale yellow oil with a light texture. It contains up to 35% linoleic acid and 44% GLA.

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.