

Apricot Kernel Carrier Oil

This oil is light, easily absorbed, and moisturizes well. It contains vitamin E, which can be used to moisturize both the face and body.

Apricot Kernel Carrier Oil is a pale yellow, extremely light seed oil extracted from the kernel of the apricot fruit. It is high in Vitamins A and B, which helps with healing and rejuvenating skin cells. It is used frequently in facial preparations and is good for all skin types, particularly for prematurely aged skin, sensitive, inflamed, and dry skin. It is quickly absorbed into the skin.

For massage a 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