

Grapeseed Carrier Oil

Grapeseed oil is a good second choice carrier, especially for those whose skin doesn't seem to absorb other oils very quickly. It does not leave a greasy feeling to the skin after application. Slightly astringent, it tightens and tones the skin. It does not aggravate acne. In addition, it is odorless, penetrating, and very light.

For body massage, a normal dilution of 2% essential oil 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