

## Sesame Carrier Oil

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Sesame Organic Carrier Oil, which is a carrier oil that protects against the sun, has an SPF of 4. Used in low dilution with other carrier oils Use ½ teaspoon in mixture as an SPF.

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.