



About the ingredients

Almond oil (*Prunus amygdalis var. Dulcis*)

One of the most common massage oils, blended 50/50 with safflower oil for best texture. Doesn't absorb too quickly into the skin during a long massage. The oil is rich in essential fatty acids and vitamin E.

Apricot Kerneloil (*prunus armeniaca*)

This is a very good oil for sensitive skin, it's a bit fatty so it's nourishing for dry skin. Apricot Kerneloil contains a lot of essential fatty acids and A- vitamin. It is especially nice to use for the face and it's a natural choice for face blends.

Avocado oil (*Persea americana*)

Stimulates renewal of skin cells and has a known effect on very dry, delicate and sensitive skin. Contains much vitamin D and is excellent to use both before, during and after sun exposing. Adds moisture to the skin and leaves it soft.

Aromacea's Avocado oil comes from the beautiful island of Crete and it is of exquisite quality.

Rosehip oil (*rosa rubignosa*)

This is the best vegetable oil that prevents wrinkles, it slows down the ageing process of the skin and gives moist and elasticity to the skin.

Beside this, rosehip oil is one of the best oils with scar healing properties. Also difficult scars like cheloid scar tissue, the oils must then be used daily over time to get results. In case of surgical scars, burns or skin discolorations best results will be achieved if the oil is used in combination with other vegetable oils like centella asiatica and essential oils like helichrysum (*helichrysum italicum*).

Safflower oil (*Carthamus tinctorius*)

An oil with the highest level of poly unsaturated fatty acids (around 70%). With this level it works preventive against atherosclerosis and similar conditions. Safflower oil absorbs very quickly into the skin.

Sheabutter (*Butyrospermum parkii*)

This is actually a vegetable oil, but it's not liquid in room temperature and has to be melted if you are making blends with it. It is very rich and nourishing with a thick texture, but it absorbs quickly into the skin and leaves the skin very soft feeling that lasts.



Coconut oil (*Cocos nucifera*)

Has a very softening effect and works as a protective layer on the skin as it also absorbs well into the skin.

For dry, sensitive skin. Very nice in haircare. Smells wonderful. One of the few vegetable oils that contain most saturated fat.

Hazelwood oil (*Corylus avellana*)

Contains vitamin A, B and a lot of E. The oil prevents dehydration of the skin. It's especially good to use in blends for sunprotection. Hazelwood oil has a natural sunscreen around factor 12. Used together with other vegetable oils for best absorption through the skin.

Jojoba (*Simmondsia chinensis*)

Jojoba oil is a wax – it protects against extreme weather conditions, the cold and the sun. An oil that doesn't go rancid, it's called one of the nature's miracles. It resembles the skin's own composition and balances the skin if it is greasy. Good for oily skin and it contains anti-inflammatory elements that can be helpful in cases of acne. Also effective against eczema and dandruff.

Marigold (*Calendula officinalis*)

This is a macerate, made in the same way as St. John's Wort. It is antiseptic, wound healing and anti-inflammatory, so it's useful in case of sore nipples, bedsores, burns and mouth ulcers. **Never to be used on open wounds, it can make the condition worse.**

Has a relieving effect in case of muscular pain because of its anti-spasmodic properties. Excellent in sun protective blends and after suns, protects the skin and prevents and protect against sunburn.

It contains many good fatty acids, cinnamic acid that gives protection against UV-radiation and it affects the smallest capillaries in the skin. Sheabutter is one of the best oils for very cracked and dry skin.

Sesame oil (*Sesamum indicum*)

This vegetable oil contains many essential- and poly-unsaturated fatty acids. Sesame oil is emollient and nourishing oil besides being protective against free radicals. It is one of the vegetable oils that have some hydrophilic properties that make it a good emulsifier for essential oils in the bath tub. It helps dispersing the essential oils in the water.

St. John's Wort (*Hypericum perforatum*)

This oil is made differently, it's called a macerates, herbal oils or phytols. The St. John's Wort herb/flowers is filled in containers with organic olive oil or almond oil and it is left in the sun for two, three weeks to let the active chemicals from the herb to blend with the oil. With this method the oil becomes red.

St. John's Wort is most known as an antidepressant remedy, but as an oil it is used for very dry, cracked skin. It is also good to use internally against stomach cramps and works antispasmodic on muscular pain.

Can be used to heal burns (not open) and sunburns, but to avoid in direct sunlight.

Wheatgerm oil (*Triticum sativum*)

Wheatgerm oil has a very high level of vitamin E and unsaturated fatty acids and furthermore vitamin A and B-complex. Besides vitamin A and B-complex. It works like an antioxidant in blends and creams because of the high level of vitamin E, the product keeps for longer.

The oil is very nourishing for the skin, but it can be too heavy alone. It's best blended with other oils because of the quite strong smell and the consistency.



Other Ingredients

Aloe vera gel (Aloe barbadensis)

Aloe vera gel is known as very soothing and repairing on burns and sunburns. The aloe vera gel in the after sun is without parabens.

Beeswax (Cera flava)

This is a non-bleached plant wax made out of beeswax cakes and it contains, beside the beeswax, pollen and a secretion that the bees produces.