

# CARRIER OIL QUICK REFERENCE

## SWEET ALMOND

Extremely versatile, can be used in roller bottles. Good for dry and inflammed skin

## APRICOT & GRAPESEED

Fairly light oils - ideal for deep hydration, creating massage blends & balms

## AVOCADO

A little heavier than Apricot & Grapeseed but ideal for massage & balms

## APPROX. VOLUME

Approximate

<b>1/8 oz =</b>	<b>3.75 ml =</b>	<b>75 drops</b>
<b>1/4 oz =</b>	<b>7.5 ml =</b>	<b>150 drops</b>
<b>1/2 oz =</b>	<b>15 ml =</b>	<b>300 drops</b>
<b>1 oz =</b>	<b>30 ml =</b>	<b>600 drops</b>
<b>2 oz =</b>	<b>60 ml =</b>	<b>1200 drops</b>
<b>4 oz =</b>	<b>120 ml =</b>	<b>2400 drops</b>

## OLIVE OIL

Heavier than coconut, but easy to find and another great option for skin - NOT for roller bottles

## JOJOBA

Heavier than Sweet Almond, but another good oil for inflammed skin. Can be used in most applications doesn't change aroma

## COCONUT - MCT

Quick and easy - great for skin healing NOT for roller bottles. MCT also known as fractionated CAN be used in roller bottles

## BORAGE/EVENING PRIMROSE

These are ideal for essential fatty acid deficiencies and for addressing topical skin inflammation

