

Body Beautiful- Unit 2A

Love the Skin You're In- Get it into Ship-Shape.



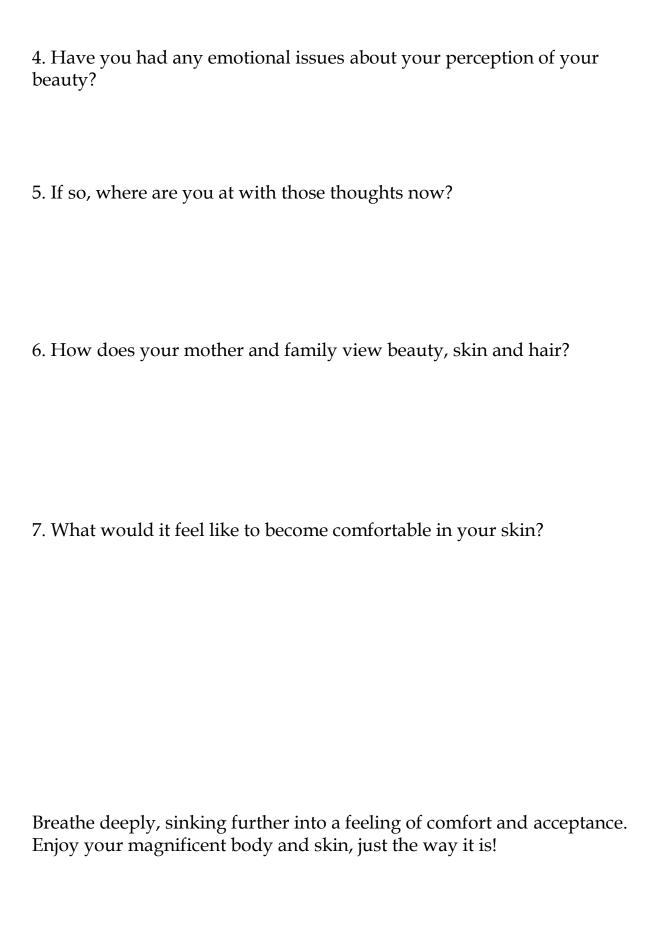
1. How do you view your skin?

Transformations:

- 1)Learn about your skin type-2)Find out which essential oils work with certain skin types.
- 3) Explore your attitude toward your skin.

2. Have you had any issues with your skin-physically?

3. If so, what has occurred?



Commonly Used Essential Oils for Skin- (2B)

Essential Oils for Skin Types

	Acne	Combo	Dry	Mature	Normal	Oily	Rosacea	Sensitive
Bergamot		*				*		
Cajeput	*							
Carrot Seed			*	*				
Cedar Atlas	*					*		
Cham Blue			*				*	*
Cham. Roma		*	*	*			*	*
Cistus			*	*				
Clary	Dry Acne			*				
Elemi			*	*				
Frankincense			*	*				*
Geranium Ro		*	*	*				
Helichrysum								*
Ho Leaf		*	*					
Juniper	*					*		
Lavender		*	*	*			*	
Lavender Spike	*					*		
Lemon						*	*	
Lemongrass						*		
Mandarin			*	*				
Manuka	*					*		
Myrrh			*	*				
Myrtle						*		
Neroli				*				
Niaouli	*					*		*
Orange Bitt			*	*				
Palmarosa		*		*				*
Patchouli			*	*				
Rose Otto		*		*			*	
Rosemary Ver				*			*	
Tea Tree	*					*		
Thyme Lina	*					*		
Vetivert Yarrow			*	*			maybe	*
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