

# Body Beautiful- Inside the Ship's Spa

## Unit 2



## Body Beautiful- Unit 2A

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



#### **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.

1. How do you view your skin?

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

3. If so, what has occurred?

4. Have you had any emotional issues about your perception of your beauty?

5. If so, where are you at with those thoughts now?

6. How does your mother and family view beauty, skin and hair?

7. What would it feel like to become comfortable in your skin?

Breathe deeply, sinking further into a feeling of comfort and acceptance.  
Enjoy your magnificent body and skin, just the way it is!

# 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   | *         |