

Practical Potions An Aromatic E Course

Unit 5A Carrier Oils The Alchemy of Dilution and Enhancement



Carrier Oils - Plant and Vegetable Oils

The Alchemy of Dilution and Enhancement

The carrier oils written about in the course have important properties.

This is an important aspect of aromatherapy. Study this chapter and refer back to it when making a blend. Choosing the right carrier oil is as important as selecting a suitable essential oil.

Purpose: To understand the power of synergy, knowing the effects of each carrier and each essential oil together create a higher healing potential when combined than when used individually. Understanding the properties of 45 carriers allows you to bring a personalized approach to every aromatic blend you create. The combination of essential oils and carriers gives you a huge palate of aromatic tools. You may tailor-make a remedy, avoiding known sensitivities and catering to client preferences.

*Note specific situations touched on in intro aroma will be delved into more thoroughly in the Advanced Aromatherapy, program. Yet, there is much you can do at this point by learning the properties of the essential oils and carriers, presented.



Exercise

Explain how a carrier oil is different from an essential oil?

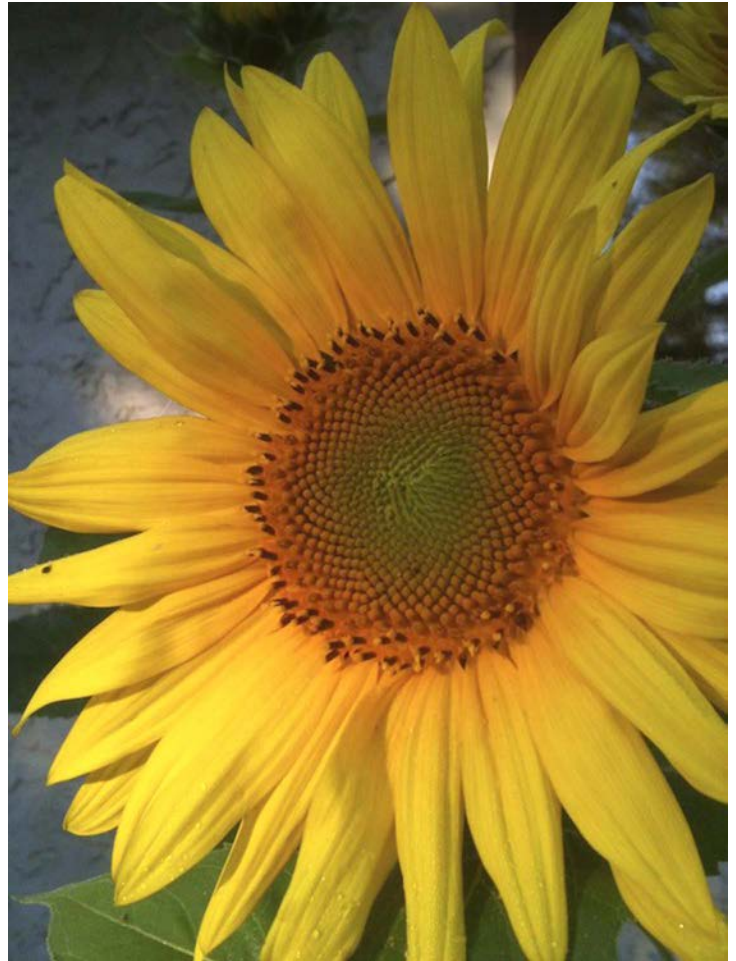


Photo of the sunflower by Dr. Devon Mark

When might you use a carrier oil without an essential oil?

Transformational Step

Using Carrier Oils

Carrier oils increase healing potential in many skin issues, such as flaky skin and burns by delivering the essential oil deeper into the skin and enhancing the effects of the essential oil.

Exercise

Identify 3 carrier oils you would like to try on your skin for a skin problem like a burn or flaky or itchy skin.

Why?



How would you apply?

How frequently would you apply?

How would you monitor the results?

How would you proceed if the results did not improve?

Transformational Step

Atlas' Day Time Pain Blend

Atlas the Greek god given the task of holding the earth on his shoulders, knows a thing or two about pain, especially shoulder pain. We have made this blend to help him regenerate. We will advise him to rub it on two times per day, with a slight variation depending on the time of day.

1 Tbsp. Dandelion flower carrier oil.

1 Tbsp. Poplar bud carrier oil.

10 drops peppermint essential oil

10 drops wintergreen essential oil.

This is a daytime mix with stimulating essential oils.

Do not use on children, nor if pregnant.



Atlas' Night Time Pain Blend

This blend can be used as a massage blend, or also in the bath.

1 Tbsp. Dandelion flower carrier oil.

1 Tbsp. Poplar bud carrier oil.

5 drops blue german chamomile,
(Substitute with roman chamomile if the scent
is not your favorite)

5 drops helichrysum graveolens essential oil

5 drops marjoram

5 drops lavender



Transformational Step

Carrier Oils Help Address Skin Issues Such As: Acne

Exercise

Review the carrier oil section.

Name 2 carrier oils that might be with helpful acne?



Name 3 carrier oils you would not use with acne.

Why?

Which essential oil or oils might you add to this mix?

In what quantity?

Transformational Step

A Simple Mix for Aging Skin



There are many benefits to being a woman of age and wisdom—a wise woman, maven or crone. It is important to love ourselves, as we age and see the type of beauty we have at the moment. One way to do this is telling ourselves loving words and treating ourselves with affection, respect and care, daily.

It is also good to appreciate other's maturity and wrinkles and speak lovingly about aging. It is however, a good magician's trick to keep our skin healthy.

By using a carrier oil that may help prevent and lessen some signs of wrinkles and aging skin you will be able to create an at home product for personal use. This will also lessen the dependency on very expensive and sometimes unhealthy commercial products.

*Note this topic is covered more deeply in advanced aroma, but even after reviewing the carrier oils you will be able to create a simple at home anti-aging serum that is equally or more effective than very expensive commercial formulas.



Exercise

Review the carrier oil properties.



Identify 3 you might like to choose for your skin to keep it radiant.

How might skin needs vary for different age groups?

What is the difference between sea buckthorn seed and sea buckthorn fruit?

Wise Woman Recipe for Aging Skin:



25 mls sea buckthorn seed oil or argan oil

10 drops frankincense oil

Put in a 1 oz. glass bottle with a dropper. Keep in a cool place. Use at bedtime, on a clean face. You may also use in the morning, but it can be a bit greasy.

Always pre-test to ensure there are no sensitivities or allergies.

Transformational Step

Hair Elixir - Using Carrier Oils to Hydrate Dry, Damaged hair.

If your hair is dry or damaged, you might try this recipe. It is also good for boosting the resilience of hair.

Healthy Hair Elixir



Painting by Paula Pesonen

20 mls gently warmed coconut oil, olive oil or rosehip seed oil.

5 drops lemon essential oil

Stir the lemon essential oil into the shea butter as it cools.

Pour or scoop into a glass, ointment jar.

Apply to dry, or split hair strands, before it is washed.

Leave on for 1 hour.

Wash hair up to two times with a gentle shampoo, until clean.

You may rinse your hair with water and a tablespoon of apple cider vinegar for a final rinse, to remove excessive oil.

Exercise

Create A Healthy Hair Elixir

Vary the exercise according to your preferences of carrier oil and your hair type. Thin, fine hair will need only a nuance of oil and will need to be rinsed completely to prevent it from becoming stringy. Thick, curly, dry hair will need more oil and will retain its body better, even if slightly oily.



How can you revise this recipe for your own hair?

Transformational Step

Baby Care

Gentle with the Wee One



We generally do not use essential oils on children under 3, especially avoiding peppermint and eucalyptus.

But, carrier oils, barring any sensitivity or allergy are usually gentle and healing for baby. Carrier oils go rancid if they are old or not stored in a cold, dark place. They will smell, “off”. Always throw any “off” smelling carrier away. They can become toxic when spoiled.

Faery Baby’s Skin Oil:

Find a calendula carrier oil made with an olive oil, safflower, coconut or jojoba. Ensure you choose a non-nut base. Not peanut or almond, to lessen the chance of a reaction. Test a spot of this on the child. See how they react. Do a body massage with the carrier, if they like it and react well.

Keep the faery elixir in the fridge when not using, like most carrier to prevent spoilage.



Exercise

Try a pre-made calendula oil, or- make your own sun-infused, or crock-pot, calendula carrier oil. Use freshly rinsed and then dried petals from the *Calendula officinalis* flower. Remove the green calyx.

250 mls fresh cold pressed olive oil, with not too much odor or 250 mls. Jojoba, coconut or safflower oil.

Sun Infused Calendula Oil

1 sterilized, glass jar, larger than the contents- about 350 ml. Mostly fill the jar with the cleaned, dried, calendula petals.

Pour the oil over top of the plant, covering it completely with the carrier oil. You want enough oil to completely submerge the petals. We are not using fresh flowers in this circumstance, as the drying process helps deter bacterial or fungal growth. Put a lid on the jar with the flowers and oil.

Keep for about 3-5 weeks in a sunny window. Shake the contents daily. Strain first and then press the herbal compost in a muslin bag to squeeze out the remaining oil. Strain again with a tea strainer or muslin bag into a clean jar and refrigerate the resulting oil. Label your creation with an indelible pen.



Crock Pot Method – Calendula Oil

Due to the quicker infusion time, there is less chance that the oil from the crock pot method will get contaminated.

You may also make Calendula Oil by gently simmering the carrier oil and calendula petals in a crock pot for about 3 hours. Ensure the oil does not get higher than 120 degrees F. Strain carefully, with a tea strainer or muslin bag into a clean jar. Label your creation with an indelible pen. Refrigerate the resulting liquid gold.

Always patch test to ensure there is no sensitivity or reaction.

Note- Calendula oil is also called- Marigold oil.

“Mary’s Gold” for the comforting quality related to Jesus’ mother- Mary and her comforting and healing qualities.



3rd, Method Custom Dried Plant Oil Infusion -



Recipe adapted from Kami McBride.

Selection and Preparation:

Start with 2 ounces of your preferred dried plant material. We are using calendula flowers.

Ensure they're free of leaves and stems.

Activation Process:

In a lidded bowl, combine the dried flowers with 1 ounce per volume of 100% alcohol.

This step is essential for initiating the infusion process. Let them rest for 12 hours to hydrate fully.

Blending Technique:

Transfer the hydrated botanicals into a blender and add olive or safflower. This oil will act as a carrier, capturing the essence of the plants. Blend on high until the mixture becomes slightly warm, releasing the plant's beneficial properties.

Infuse- Allow the mixture to sit at room temperature for 48 hours. During this time, blend intermittently – approximately 3-5 times daily until warmth is generated each time to ensure a consistent infusion.

Sunlight Phase:

Position the bowl in a sunny indoor spot to benefit from the sun's gentle warmth, avoiding

Straining Ritual:

The outdoor elements can introduce too much variability. When the infusion time is complete, prepare to strain. Over the sink, place a piece of tight-woven cotton muslin over a funnel. Carefully pour the mixture through, allowing it to filter naturally without rushing – patience is key. Once fully strained, transfer your infused oil into clean bottles.

This meticulous process yields a therapeutic oil infused with the unique qualities of your chosen plant. Enjoy the fruits of your craftsmanship in your aromatic applications.

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