

## Guide to Carrier Oils

- Jojoba oil, *Simmondsia chinensis*
- Sweet almond oil, *Prunus dulcis*
- Avocado oil, *Persea americana*
- Apricot kernel oil, *Prunus armeniaca*
- Carrot seed oil, *Daucus carota*
- Grapeseed oil, *Vitis vinifera*
- Virgin, cold pressed olive oil, *Olea europaea*
- Pomegranate oil, *Punica granatum*
- Fractionated coconut oil, *Cocos nucifera*
- Safflower oil, *Carthamus tinctorius*
- Sesame oil, *Sesamum indicum*
- Sunflower oil, *Helianthus annuus*
- Evening primrose oil, *Oenothera biennis*
- Borage seed oil, *Borago officinalis*
- Wheat germ oil, *Triticum vulgare*

I found that I most liked working with the top five carrier oils on the above list. Please experiment with your own carrier oils and find the one or two you enjoy the most. Be sure to find pure and organic carrier oils, just like the Essential Oils you buy.