


Vegetable, Carrier & Emollients Oils Master Data

Oil Or Fat	Oil Price Guide Cost Effective * Speciality Oil *****	Oil Yield – A measure of how efficient the crop is 0-20% Yield X 21-40% Yield XX 41-60% Yield XXX 61 Yield and more XXXX Useful for sustainability concerns.	Free Oleic Acid for skin irritation/potential/ also for skin penetration	HLB for Emulsification	Recommended Skin Type	Key Features	Shine Index Low Shine = * High Gloss = *****	Saponification Value For Soap Making	Saturated Fatty Acids Total	Omega Fatty Acids Total	Approx Saturated/ GLA ratio	Mono Unsaturated		Poly Unsaturated Fats			Waxy Fatty Acids for Barrier Repair		
												Palmitolenic Acid OMEGA 7	Oleic OMEGA 9	Linoleic OMEGA 6	Linolenic OMEGA 3	Alpha Eleostearic Acid Omega 3	Eicosenoic Acid (arachidic Acid)	Docosenoic Acid (erusic Acid) Omega 9	Docosadienoic Acid
												C16:1	C18:1	C18:2	C18:3	C18:3	C20:1	C22:1	C22:2
Acai Virgin Oil	*****	XX	10	7	Ageing or damaged skin, Normal-Dry	Amazonian Oil, Antioxidant, Phytosterols, Vitamins and Minerals.	***	Max 200	17.4	80	1:5		50	30					
Almond Sweet (Sweet Almond Oil is often made from bitter almonds as the sweet almonds are too valuable to use for oil extraction only!	*	XXX	4	6	Normal – Dry	Good all-purpose carrier oil.	*	190-200	9	86	1:10		69	17	-				
Andiroba (also known as Brazilian mahogany. An average tree can produce enough nuts for 30Kg of oil annually)	**	XXXX	Max 30	NA	Normal- Greasy or all skin types as an insect repellent	Insect Repellent, reduces pain and was traditionally used as an anti-inflammatory oil, kills bacteria. Brazilian oil. The oil also has good pigment dissolving	*	165-210	36	60.2	1:2		50	9			1.2		
Apricot Kernel	*	XX	Max 0.5	7	Sensitive, Normal-Dry	Everyday Oil for normal to dry skin	***	185-195	8	97	1:12		65	30	1		1		
Argan Oil	***	XXX	Max 4	11	Normal – Dry	High shine, High level of antioxidants for anti-ageing. Light weight oil with quick skin penetration	****	185-200	18.22	78.4	1:4		45	33			0.4		
Avocado	*	XXXX	Max 1	7	Sensitive, Normal-Dry	Chlorophylls, carotenoids, Lutein, Anthocyanin for antioxidant properties, photoprotection and skin repair.	***	175-200	22	75.3	1:3		60	15	0.3				
Baobab (also known as the tree of life)	*****	XX	Max 20	6	Ageing or damaged skin, Normal-Dry	Rich in the amino acids lysine, vitamin B1 (thiamine), calcium and iron.	***	150-165	29	73	1:3		40		33				
Blackcurrant	*****	XX	Max 1	7-8	Ageing or damaged skin, Normal-Dry	Very high GLA content which makes this excellent for very dry and damaged skin.	****	185-195	7.7	87	1:11		10	50	26		1		
Borage	****	XXXX	Max 2	7	Extra Dry	Very high GLA Content making this excellent for skin repair, very dry skins and damaged skin. Also very efficient crop yielding over 70% oil and requires little pest control. Mainly cultivated in the UK. Also attractive to bees! Source of Omega 9 for barrier repair and long-lasting protection	****	185-195	12.5	89	1:7		20	40	25			4	
Buriti	**	X	Max 5	6-7	Problem Skin, Oily-Normal	South American 'Tree Of Life'. The pulp is extremely rich in essential fatty acids and carotenoids, including beta-carotene. Buriti Fruit Oil is considered to be one of the richest sources of beta-carotene, with levels exceeding that of carrot seed oil. Beta carotene is a precursor to Vitamin A in the body!	***	185-240	17.4	82	1:5		80	1	1				
Camellia	*	XXX	Max 0.5	7	Ageing Skin, Normal-Dry	It is a good source of the minerals phosphorus, magnesium, calcium, Selenium, iron and manganese. Known as the Chinese equivalent to Olive oil due to its high Oleic Acid content.	***	130-145	19	79	1:4		57	22					
Canola	*	XXX	Max 1	7	Sensitive, Normal-Dry	Good all-purpose oil phase oil. No special properties but very cost effective	***	182-193	6	94	1:16		62	22	10			1	
Castor	*	XXX	Max 2	12-14	Extra Dry	Thick, rich, occlusive oil for barrier protection. Also good pigment dispersing power	****	177-187	4	11	1:3		4	5	1		1		
Cherry Kernel	**	XX	Max 0.5	6	All skin types.	Contains 10% eleostearic acid which has some UV protective qualities. Amounts present in the oil will vary from batch to batch and based on extraction process. This heavy oil forms a barrier on the skin which can help boost the skins natural SPF but isn't suitable as a sole sunscreen agent. The shine factor of the oil alone may increase UV intensity if used alone. The oil also contains antioxidants and vitamins useful for skin protection.	****	180-200	11	89	1:11		37	42		10	1		
Coconut	*	XXXX	Max 3	6-7	All Skin Types	Great all-rounder oil. Lovely smell, high shine, skin and hair compatible. Coconut oil is very stable and also has a beautiful light, sweet taste making it ideal in lip products. Refined coconut oil can be purchased if the coconut aroma isn't required. Be aware that at room temperature this oil is semi solid.	**	245-265	83	8	0.1:1		6	2	-				
Corn	*	XXX	Max 2	7	Sensitive, Normal-Dry	Good low-cost carrier oil	***	187-193	13	87	1:7		28	58	1				
Cottonseed	*	X	Max 2	7	Sensitive, Normal-Dry	Good low-cost carrier oil	***	191-196	26	74	1:10		19	54	1				


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Cucumber	*****	X	Max 2.5	7	Normal- Greasy	Very light, beautiful aroma, rich in vitamin E and phytosterols so great on sun damaged skin. Rich in Omega 3	****	180-190	17.6	83.6	1:5		18	65	0.5		0.1		
Cyperus Esculentus Root (Also known as Tigernut Tubers)	****	*	Max 0.5	8	Problem Skin, Oily-Normal	Grows in Nigeria and also Egypt (Ancient Egypt). Very Similar to the Baobab nut oil. In ayurvedic medicine tigernuts are used in the treatment of flatulence, diarrhoea, dysentery, debility and indigestion. The oil smells slightly nutty and has extremely high antimicrobial properties which make this excellent for problem skin. The oil is also very stable and contains antioxidants. This oil is usually used as an essential oil	***	190-200	45	55	1:1		45	10					
Evening Primrose	**	*	Max 1	7	Ageing Skin, Normal-Dry	GLA content. Highly active antiinflammatory Triterpenoidal esters in the oil. Relieves symptoms of eczema etc. Often seen as a womens oil as it helps sooth pre-menstrual cramping and soreness.	****	175-195	8	91	1:11		10	70	11				
Flaxseed (Linseed)	*	XXX	Max 2	7	Extra Dry	Rich in Omega 3.	***	189-196	10	90	1:9		21	16	53				
Grapeseed	*	XX	Max 0.5	7	Sensitive, Normal-Dry	Omega 6. Good for repairing stretch marks. Mildly astringent so good for acne prone skin.	****	182-200	12	88	1:7		15	73	-				
Hazelnut	*	XXXX	Max 0.5	7	Extra Dry	A good all-purpose oil that is quite rich in texture	****	180-200	7.5	75.6	1:10		75		0.4		0.2		
Hemp	**	XX	Max 1	7	All Skin Types	Hemp seed oil has been dubbed "Nature's most perfectly balanced oil", due to the fact that it contains the perfectly balanced 3:1 ratio of Omega 6 (linolei/LA) to Omega 3 (alpha-linolenic/LNA) essential fatty acids, determined to be the optimum requirement for long-term healthy human nutrition. In addition, it also contains smaller amounts of 3 other polyunsaturated fatty acids in gamma-linolenic acid (GLA), oleic acid and stearidonic acid. The EFA combination is unique among edible oil seeds.	****	140-175	6	67	1:21		8	44	15				
Jjoba	**	XXX	Max 1	6	All skin Types. Light-weight	This waxy ester sinks perfectly into the skin without leaving a greasy residue. It is well tolerated on most skin types and is a relatively stable oil	***	92-167	8	93	1:12		7				70	16	
Kiwi	*****	XX	Max 1	7	Problem Skin, Oily-Normal	Kiwi Seed Oil, cold pressed from the Kiwi seed, is a rich source of Vitamin C, Vitamin E, potassium and magnesium. It is high in essential Omega 3 fatty acids, containing over 60% Alpha Linolenic Acid. This high shine oil is perfect for colour cosmetics and hair products.	****		8	90	1:11		12	15	63				
Kukui	*****	XX	Max 1	7	Normal- Greasy	Produced in Hawaii. Excellent skin feel, light and easily absorbed. This is known as a drying oil as it leaves the surface feeling dry and non-greasy making it great for hand care and foot products. It also has a high shine index making it amazing for hair care products as this paired with its quick dry properties mean it won't leave hair looking wet and oily.	****	185-195	10	90	1:9		26	38	26				
Macadamia	*	XXXX	Max 2	7	Sensitive, Normal-Dry	High content of Palmitoleic Acid. Very stable and good skin compatibility. Palmitolenic is Omega 7 said to be excellent for barrier repair, superior to Omega 6 and 9.	***	190-200	12	88	1:7	20	64	4					
Marula	*****	XXX	Max 5	9	All Skin Types	Same family as Mango, Pistachio and Cashew Family. A very stable oil when compared to Olive, Sunflower and Cottonseed, especially given its low vitamin E content and high oleic acid concentration. The oil does have good antioxidant properties and this paired with its low shine index make it excellent for day-wear skin care.	***	185-195	22	82	1:4		75	8	0.7		0.5		


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Meadowfoam	***	XX	Max 0.5	6.5-7	Normal – Dry	Very stable due to high percentage of very long chain fatty acids which make this oil distinctive and so good for extra dry skin. Good barrier protection. Omega 9's	****	160-175	0	100	0:1						64	15	20
Moringa (Drumstick Tree or Horseradish tree)	***	XX	NA	7	Normal- Greasy	Relatively light weight oil thanks to the higher percentage of low molecular weight fatty acids. The Moringa tree is renown for its healing properties so this is good in folk medicine or as part of a native apothecary	***	190-205	18	80	1:5		74	2	2		2		
Natal (Natal Mahogany Oil) Also known as Mafura Oil	**	XXX	NA	7-8	Ageing Skin, Normal-Dry	he Natal Mahogany tree (Trichilia emetica) is a majestic beautiful hardwood deciduous tree, which can grow over 65 feet tall. The flowers are creamy and yellow, gifting a lovely sweet aroma. Popular in South Africa where the oil was used to heal bones! Silky skin feeling. Stable oil that melts at 30C making it great for thicker, richer products	***	NA	38	60	1:2		50	10					
Neem	**	X	Max 2	9	Normal-Greasy or all skin types as an insect repellent	Insect repellent. Triterpenoids which give it the insect repellent properties	***	175-200	32	63.3	1:2		45	17	1.3				
Oat (Avena Sativa (Oat) Kernel Oil	*****		Max 5	7	Extra Dry	Oat oil is extracted from the whole oat using a process that retains the rich array of natural antioxidants including vitamin E. This oil is excellent for very dry or troubled skin due to these antioxidants and the rich blend of essential fatty acids. Good for skin and hair care.	***	185-195	17	83	1:5		45	43	1.5		1		
Olive	*	XXXX	Max 4	7	Normal – Dry	Great anti-ageing oil as rich in squalene which is a good barrier repair and skin cushioning active	***	187-196	16	82	1:5		71	10	1				
Palm	*	XXXX	Max 1	8	All Skin Types	hard oil to give viscosity and structure to oil phase	*	190-210	50	50	1:1		40	10	-				
Passionfruit	****	XX	Max 2	11-12	Ageing or damaged skin, Normal-Dry	Anti-inflammatory, Light texture, non-greasy, easy to absorb. Contains a high level of Omega 6 Linoleic acid for deep skin conditioning.	***	165-175	10	90	1:9		12	77	1				
Peach Kernel	*	XX	Max 1	7	Sensitive, Normal-Dry	This is a good base oil for delicate skin. It contains very little in the way of antioxidants such as vitamin E and sterols which can be good for those sensitive to such actives and who are perhaps looking just for moisturisation or barrier protection.	****	190-2000	9	86.5	1:10		60	25	1		0.5		
Peanut	*	XXX	Max 2	6	Normal – Dry	Peanut oil is a cost effective emollient for normal to dry skin. Best avoided by those allergic to nuts. The oil has a slightly nutty aroma.	***	187-196	18.3	81.7	1:4		50	30	0.2		1.5		
Perilla	***	X	Max 2	8	Problem Skin, Oily-Normal	Long history of use in China as a medicinal oil. Herbal apothecary. Improve intelligence, anti-depressant, protect sight etc. Also very high shine index so brilliant for hair oil and for lip sticks.	****	180-195	9	93	1:15		13	15	65				
Pistachio	**	XXXX	Max 1	8	All skin Types. Light-weight	A light oil, Pistachio oil is an excellent emollient which provides a high level of moisturization to the skin, with the ability to be rapidly absorbed without a greasy feel. Similar to Peanut oil, Pistachio oil will soften and nourish the skin, making it a great moisturizer for lip balms, creams, lotions, massage blends and oils Oxidative stability: This is one of the most stable tree-nut oils around. Much more stable than sweet almond or walnut for example. The oil also has a relatively low shine compared to other oils so is good for facial serums.	***	188-192	15	85	1:20		74	10	1				


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Pomegranate	*****	X	Max 5	7	Ageing or damaged skin, Normal-Dry	Grows in India, Iran etc. Improves skin elasticity. This is an oil with extremely high shine so is excellent in hair care and colour cosmetics where gloss is desirable. The high level of antioxidants also help to protect and repair the skin	****	185-195	7	93	1;12		10	8	75				
Poppy Seed	*****	XXX	Max 3	7	All Skin Types	Similar to Hemp Seed Oil in feel.	****	190-200	12	88	1:7		11	72	5				
Prickly Pear	*****	X	NA	8-9	All Skin Types	The Opuntia Ficus Indica plant is a member of the cactus family and is commonly known as Prickly Pear (also known as India Fig Opuntia or Barbary Fig). Native to Mexico. Good all-rounder.	***	160-175	14	87	1:6		17	70					
Pumpkin	***	XX	Max 4	8	Problem Skin, Oily-Normal	Popular in German Folk Medicine and also in Russia. Contains sterols which are antioxidants and Vitamin E.	****	185-195	25	87	1:3		35	50	2				
raspberry	*****	X	Max 5	7	Ageing or damaged skin, Normal-Dry	Antioxidant carotenoid content. Very high tocopherol content.	***	180-195	3	96	1:32		12	54	30				
Rice Bran	*	X	Max 0.5	7	Normal – Dry	A light emollient oil for general skin care	****	180-195	20	89	1:4		50	38	1				
Roasted Coffee	*****	X	NA	8	Ageing or damaged skin, Normal-Dry	A stimulating oil with antioxidant properties. Also good for sun care to help mop up free radical damage	****	NA	47	39	0:0.8		8	30	1				
Rosehip	**	XXX	Max 1	7	Ageing Skin, Normal-Dry	ROSEHIP OIL REFINED also contains natural Tretinoin or Retinoic Acid (a Vitamin A derivative), which replenishes and helps rebuild skin tissue.	****	185-195	6.32	91.25	1:14		15	44	32		0.25		
Safflower	*	XX	Max 2	8-9	Ageing Skin, Normal-Dry	A feminine oil but also used to help heart conditions and lower cholesterol.	****	188-194	9	91	1:10		13	78	-				
sandalwood Carrier Oil	****	XX	Max 1	7	All Skin, Normal-Dry	A beautifully light oil perfect for day wear.	***	NA	5.1	94.1	1:18		50.7	1.1	4.6		3		
Seabuckthorn Oil (CO2)	*****	X	NA	6-7	Ageing or damaged skin, Normal-Dry	Rich in Omega 7 which is great for barrier repair and skin protection. Also high in polyphenols for sun repair. The high shine index of this product also make it great for lip products and gloss enhancing creams and hair preparations.	****	NA	35	59	1: 2	36	10	12	1				
Sesame	*	XXX		7	Normal – Dry	Used in Ayurvedic medicine. Contains a good balance of fatty acids plus antioxidants for great all-round skin protection	****	188-195	13	86	1:7		41	45	-				
Soyabean	*	X	Max 0.05	7	Sensitive, Normal-Dry	A good carrier oil for actives	***	189-195	9	91	1:10		45	40	6				
Sunflower	*	XX		7	Sensitive, Normal-Dry	A general purpose low-cost oil	***	188-194	12	88	1:7		19	68	1				
Tamanu	****	XXX	NA	8	All Skin Types except Extra Sensitive	This pacific region oil has a long history of use to help reduce scarring, improve wound healing times, build elasticity in the skin (pregnancy) and generally condition and protect the skin. It is believed to have some anti-inflammatory properties and as such as classified as an active carrier oil. The oil is slightly green in colour and has a distinctive scent. It contains vitamin E and other trace antioxidants (Sterols and Coumarins) to improve its stability and help with skin healing.	***	180-200	35	75	1:2		40	35			1		
Walnut	**	XXXX	Max 1	7-8	Extra Dry	This highly nourishing oil is great for dry to extra-dry skin. This oil has a long history of use in hair conditioners and treatment oils where its high omega fatty acid content helps to condition and protect the scalp.	***	190-200	16	84	1:5		28	51	5				
Watermelon	***	XXX	Max 1	6-7	Problem Skin, Oily-Normal	Light, non greasy oil that dissolves sebum. Rich in Omega fatty acids 6 and 9	****	185-200	28	72	1:8		14.5	62	1				
Wheatgerm	**	X	Max 7	7	Extra Dry	Very good for extra dry skin due to the Omega fatty acids and extraordinarily high levels of Vitamin E at approx 250mg/100g	***	179-190	19	75.25	1:4		25	45	5		0.25		