

<u>Type of Carrier Oil</u>	<u>Viscosity</u>	<u>Colour</u>	<u>Aroma</u>	<u>Shelf Life</u>	<u>Notes</u>
Fractionated Coconut Oil (FCO)	Light	Clear	Odourless	Highly stable (Long Shelf Life)	<ul style="list-style-type: none"> • Not greasy and penetrates the skin well • Affordable • Not recommended for ingestion as it has been chemically altered • As it is odourless it is perfect to use with essential oils
Sweet Almond	Medium	Virtually clear with a yellow tinge	Sweet and Nutty	12 months	<ul style="list-style-type: none"> • Be aware if have nut allergies • Leaves a slight hint of oil on the skin • Absorbs semi-quickly • Rich in Vitamin E
Joboba	Medium	Golden Yellow	Light to medium. Distinct but pleasant	Highly Stable (Long Shelf Life)	<ul style="list-style-type: none"> • It is actually a wax not an oil • Good choice if you have oily or acne prone skin • Good choice for massage
Apricot Kernel	Medium	Virtually Clear With a Yellow Tinge	Faint	12 months	<ul style="list-style-type: none"> • Easily Absorbed • Relieves Itchy Skin • Great for massages
Avocado	Thick	Deep Olive Green	Sweet, fatty and nutty	12 months	<ul style="list-style-type: none"> • Nourishing for hair and skin • Rich in essential and trace minerals and Vitamin A • Leaves a fatty/waxy residue on the skin • Best for hair