

# top 5 Carrier Oils

for skincare

- **Apricot:**

All skin types; use undiluted; use for sensitive skin, babies and aging skin

- **Avocado:**

Dry or mature skin types; use up to 10% in lighter oil; use for age spots, wrinkles & stretch marks

- **Grapeseed:**

Normal to oily skin types; usefull strength; use for astringent, summer oil, shaving, bath oil

- **Jojoba:**

All skin types; use undiluted; use for dry skin, stretch marks, sun damage

- **Rosehip:**

Dry or mature skin types; use up to 10% in lighter oil; use for sun damage, burns & stretch marks