

BEST CARRIER OILS FOR YOUR SKIN

CHEAT SHEET

CARRIER OIL - COMEDOGENIC VALUE (CV)	Normal Skin	Dry Skin	Oily Skin	Sensitive Skin	Blemished Skin	Mature Skin	BENEFITS
(Sweet) Almond oil CV 2	✓	✓	✓	✓	✓	✓	Soothing, nourishing and moisturizing for skin, hair and nails.
Apricot Kernel CV 2	✓	✓	✓	✓	✓	✓	Antiaging, rejuvenating, moisturizing. Helps with elasticity of skin.
Argan Oil CV 0	✓	✓	✓	✓	✓	✓	Rich in antioxidants, improves elasticity of skin and helps with scarring and skin damage.
Avocado oil CV 2 - 3	✓	✓	✓	✓	✓	✓	Regenerating and soothing; moisturises and tones the skin.
Castor Oil CV 1	✓		✓		✓		Moisturizes, good for acne prone skin
Coconut Oil CV 4	✓	✓		✓		✓	Ideal for hair and body care, but can be clogging on face.
Fractionated Coconut Oil CV 2 - 3	✓	✓		✓		✓	Absorbs quickly and it's non greasy.
Grapeseed oil CV 1 -2	✓		✓	✓	✓		Moisturizing and non greasy. Good for acne prone skin.
Hazelnut oil CV 1	✓	✓	✓	✓	✓	✓	Moisturizing, regenerating, and toning.
HempSeed Oil CV 0	✓	✓	✓			✓	Moisturizing, soothing, toning.
Joboba Oil CV 2	✓	✓	✓	✓	✓	✓	Mimics skin's natural sebum, making it ideal for DIY skin care products. It absorbs quickly.
Macadamia Nut Oil CV 2 - 3	✓	✓		✓		✓	Moisturizing, regenerating, and helps with skin elasticity.
Olive Oil CV 2	✓	✓		✓		✓	Perfect for cleansing and moisturising
Rosehip Oil CV 1	✓	✓	✓	✓	✓	✓	Antiaging, rich in antioxidants, moisturising and toning
Sesame Seed Oil CV 2 - 3		✓		✓		✓	Helps reduce wrinkles and fine lines. Great as moisturiser.
Sunflower Seed Oil CV 0 -2	✓		✓		✓		Helps acne prone skin. Moisturising.