

Sweet Almond Oil

Brilliant for hydrating dry skin and soothing irritation. It is known for its ability to soften and re-condition the skin. Sweet almond oil is protein-rich and high in vitamin D, and it's great for sensitive skin types. It is easily absorbed and has a relatively low comedogenic, meaning it won't clog and block your pores. Use it in everything from hair care to facial moisturizers.

Jojoba Oil

A hugely popular carrier oil, but rich in vitamin E and B-complex vitamins, which help to repair damaged skin and soothe irritation. Antibacterial and anti-inflammatory properties, this cold-pressed oil absorbs well and is suitable for almost all skin types. With a subtle, nutty aroma, jojoba oil won't block the skin's pores and is claimed by many to ease the effects of acne and eczema. Use it to make beautiful face serums and nourishing hair products.

Rosehip Oil

A high in antioxidants oil, high levels of essential fatty acids, but rich in skin-nourishing vitamins. A brilliant choice for skincare products, rosehip carrier oil is suitable for most skin types. It is recognized by many as a natural remedy for the signs of aging and sun damage. Known to calm and relax a busy mind, rosehip oil is often used by aromatherapists and massage therapists, and skincare professionals.

Fractionated Coconut Oil

We've all heard about the health-promoting benefits of coconut oil, and so it should be of little surprise to see this fractionated coconut oil on the best carrier oil list. Unlike traditional coconut oil, an intense moisturizer that softens and smooths the skin, this fractionated version is liquid at room temperature and won't block your pores. The downside of fractionating coconut oil is that you lose some of the most beneficial fats. However, the resulting carrier oil is still rich in a few essential fatty acids and makes a good base for skin and hair care products.

Argan Oil

Brilliant for skincare, argan oil offers a wealth of restorative benefits, including helping to fade scars, treat acne, and smooth and soften the skin. It is packed with good fatty acids, vitamins, and minerals, argan oil is a fabulous moisturizer that won't clog your pores and is easily absorbed. A light, nutty fragrance, argan oil is used in everything from anti-aging creams to shampoos and aftershave lotion and is wonderfully versatile with a long shelf-life.

Grapeseed Oil

It is highly favored in everything centered around massage oils. It is a light oil, an odorless carrier that is easily absorbed by the skin. Considered by many to be a good acne treatment, grapeseed oil contains high levels of antioxidants, essential fatty acids and has anti-inflammatory properties that can all help to nourish and improve your skin. Also used in hair care products, grapeseed oil is an intensive natural moisturizer that can improve hair's shine and vitality. Recent studies in Japan have even shown that this nutrient-rich oil may stimulate hair growth and reduce the effects of hair loss.

Avocado Oil

We are all aware of the benefits of eating avocados, so it should be no surprise that this all-purpose carrier oil is packed full of goodness. It is cold pressed from the fruit's pulp, avocado oil is high in monounsaturated fatty acids, full of vitamins, and contains beta carotene. A fabulous moisturizer, regular use has been attributed to purifying pores and reducing pore size. It's even claimed to reverse the signs of aging and is recommended for dry skin conditions like eczema.

Sunflower Oil

Edible oil extracted from sunflower seeds. It has a neutral odor. The oil is said to act as a skin barrier against toxins and germs that cause infection, making it a great choice for irritated skin. It's thought to help soften skin, moisturize skin, and soothe irritation, so add this carrier oil to your massage oils or use for general skin care.

Neem Oil

Proclaimed for its skin healing properties, neem oil is mainly used as a carrier oil in inflamed skincare treatment. With strong antibacterial properties, it's high in essential fatty acids and other nutrients. However, with a strong, sometimes harsh, and pungent fragrance, it's less suitable for everyday moisturizers and might be best saved for a particular case or homemade scrubs, salves, and deodorants. Neem oil can promote the healing of minor skin complaints, making it a suitable carrier oil for natural products that relieve skin irritation, inflammation, or redness. Also, thanks to its natural pesticide and germicide properties, neem oil is often used in homemade insect repellents and healing salves.

Castor Oil

This thick, sticky oil is known for its emulsifying properties in massage lotions and hair care products. Rich in monounsaturated fatty acids, castor oil is also often used in natural moisturizers where its thick, humectant properties help retain moisture and keep the skin hydrated. It was used for thousands of years to treat a range of ailments; castor oil is a cost-effective carrier that is best enjoyed when diluted with another skin-

friendly carrier oil. Use it in skin scrubs, homemade face wash, salves, and other skincare products.

Apricot Kernel Oil

Rich and nourishing apricot kernel oil is anti-inflammatory, antiseptic, antioxidant, and antibacterial. High in vitamin A, this soothing, moisturizing oil is excellent for smoothing out blemishes, wrinkles, and fine lines, making it a good choice carrier oil for skin care products and massage. Light and gentle, apricot kernel oil is easily absorbed and said to be highly beneficial for treating acne; it may even help reduce the signs of aging.

Vitamin E Oil

A crucial ingredient for protecting skin cells and membranes, vitamin E oil is claimed to play a valuable role in limiting skin damage from UV rays and reducing the signs of aging. Deeply moisturizing, vitamin E is a natural preservative and brilliant carrier oil for combining with other ingredients. A powerful antioxidant, vitamin E oil works to balance free radicals and can be used in skincare products to help protect the body from pollution and sun damage.

Hemp Seed Oil

Not to be confused with CBD oil, hemp seed oil is an excellent choice for skin products and offers fantastic moisturizing properties. A good choice for treating dry, itchy skin conditions, hemp oil is high in essential fatty acids and proteins. With anti-inflammatory and anti-aging properties, hemp seed oil is an excellent carrier oil for essential oils and can be used to create gorgeous, skin-loving lotions.

Macadamia Oil

Thick and luxurious macadamia oil is deeply nourishing and moisturizing yet, as a result, more likely to clog pores and, despite being quickly absorbed, does leave an oily layer on the skin. Naturally anti-inflammatory, macadamia oil can offer protection from free radicals. It's rich in essential fatty acids, potassium, and, uniquely, palmitoleic acid, making it an excellent carrier oil for hair care products. Studies have shown that macadamia oil can be used to strengthen, tame, and hydrate hair follicles.