



Lesson Two

Carrier Oils, Safety & Blending

Carrier Oils

All essential oils should be combined with a carrier oil so as not to aggravate your skin. Some oils are considered “hot oils” and will cause itching and sometimes burning (quite severely for some oils).

You always want to work with a high quality, organic carrier oil. It’s the oil that helps to “carry” the essential oil into your skin. The carrier oil also enhances the healing since they all have their own healing benefits as well. Choose a carrier oil that has little to no odor so it doesn’t interfere with the scent of the essential oils.

Essential oils are essential to the life of the plant, where as the carrier oils are essential to the life of the seed.

Here are a few carrier oils and their benefits:

Olive Oil - Olive oil is a rich, nutritious oil. I use olive oil in salves when I want a deeply penetrating oil. It is a somewhat heavy oil and sometimes will have its own fragrance that may get in the way of your essential oil blend. But if you’re making a blend for healing a particular ailment via the skin, it’s a good oil to use. Its also a natural disinfectant.

Almond Oil - Almond oil is nice and light with little to no odor. I’ve used it in massage oils and facial serums because it’s non-greasy. However, if you’re making product to sell, or using it as the base oil in a sacred blend, you run the risk of the oil aggravating the skin for people with nut allergies. If you can’t clearly list all ingredients, then I would choose an oil that’s made from a seed and not a nut. High in vitamins and minerals.

Apricot Kernel Oil - This is a wonderfully nutritious oil and lighter than olive oil. It’s especially known to rejuvenate older skin and is used in many face products.

Jojoba Oil - Is a nice light oil and the most common oil used in massage oils.

Canola Oil - This is a very light oil produced from a variety of rape seed which grows abundantly throughout the fields of France much like mustard grows in our fields here in the states. If you order this oil on line, you can find organic rape seed oil. However, you can also find the canola version in some of the better health food stores. It’s a great oil for **sacred oil blends** since it’s so light.

Sunflower Oil - Also another light oil that is a good oil for sacred oil blends. Astringent.

Sesame Oil - This is a natural sunscreen and is good for hair and nails. Also a nourishing oil for the glia brain that you will learn more about in Section Two of Sacred Alchemy. Strong odor.

Rose Hip Oil - Cytophylactic, meaning it stimulates the generation of new cells, which will aid in preserving the health of the skin. Good for burns and aging skin. Often used in face creams and facial serums. *Frankincense, lavender, helichrysum, rosewood, sandalwood, patchouli and myrrh all have cytophylactic properties.*

Wheat Germ Oil - Cytophylactic, this oil is great for damaged skin. In France, it's common practice to treat all scars with wheat germ oil. It helps to restore the skin as well as trauma from the injury or surgery.

Vitamin E - This is a very thick oil and is added to other oils in a very small quantity. It's very good for skin as well as extending the shelf-life of other carrier oils. 2oz. of vitamin E added to a gallon of other carrier oil will extend its shelf-life.

Castor Oil - This is a very thick oil that I use on its own for joint and/or muscle pain caused by either over exertion, injury or arthritis. Applied to the painful area and topped with a hot compress, it works wonders for alleviating and ridding pain. It's also a premiere oil for breaking down cysts. A magical oil.

***Neet** is a term used when essential oils are used without a carrier oil.*

Safety Concerns:

Essential oils are so concentrated that they are much more potent and powerful than working with the whole plant. Please use them wisely, respectfully, and carefully.

- **Always blend essential oils with a carrier or base oil.**
- **Never ingest essential oils.**
- **Never use essential oils in the eyes or ears.**
- **Inhale using both nostrils at the same time, never one nostril at a time.**
- **Work only with pure, organic oils.**
- **Always be aware of the oils' contraindications.**
- **Only use HIGHLY DILUTED essential oils on babies and small children.**
- **Certain oils are NOT SAFE for pregnant women.**

Ways to Apply Essential Oils:

Laying on of Hands - sacred oils are “applied” to the etheric field via the practitioner’s hands.

Acupressure Points - apply oil directly to particular points. The electrical current in an essential oil is ten times more powerful than acupuncture needles attached to an electric current.

Skin - applied in the form of a salve, massage oil, serum, cream or sacred oil.

Inhalation: directly from the EO bottle, a diffuser, or a steam bath.

Soak - EO’s blended with bath salts or a fatty milk. (*essential oils adhere to fats in milk*)

Scrubs - EO’s blended with sugar or salt scrubs along with carrier oils.

Powder - EO’s blended with clay and baking powder.

Suppository - EO’s blended in coconut oil.

European Method of Blending

The European method of blending is accomplished by working with **only three essential oils** at a time. Oils are categorized according to their “notes”. There is a top note, a middle note and a bottom note. The top note is the oil you’re going to notice right away. The middle note often mixes with the top note. The bottom note is the scent that follows and what I consider the grounding scent. It’s usually the one that has the fewest drops as well.

Here’s an example:

The standard number of drops of essential oils in a 2oz. container of salve is between 6 and 10 drops. Using the European method of blending, here’s an example of a blend for a salve to help soothe damaged skin.

6 drops lavender
2 drops geranium
1 drop balsam

This blend will essentially smell like lavender being my main oil, but will also be greatly influenced by the strong geranium. The balsam adds a warm, earthy scent that follows up nicely and rounds out the otherwise sharp scent of the lavender and geranium.

How to Choose the Right Blend

The first oil you’re going to choose is the oil that is the right “medicine” for the issue at hand. The other oils you choose in your blend can either be chosen for their medicinal benefits or for fragrance. You don’t need all the oils in the blend to be the “medicine” to create a powerful healing remedy.