

Essential and Carrier Oils for Different Skin Types

Skin Type	Essential Oils	Carrier Oils
Normal skin	bergamot, chamomile, lavender, geranium, neroli, rose, rosewood, cedarwood, calendula, chervil, lady's mantle, lemon balm, mint, rose, thyme	any light carrier oil such as grapeseed, sunflower, sesame, sweet almond, apricot kernel, calendula
Oily skin	geranium, rosemary, yarrow, basil, patchouli, lavender, cypress, lemongrass, peppermint, eucalyptus, cedarwood, clary sage, juniper, thyme, sage, lemon, tea tree	grapeseed, sweet almond, sunflower, jojoba and witch hazel make a good base; avoid alcohol bases, which can be too harsh
Dry skin	calendula, chamomile, comfrey, lady's mantle, lavender, parsley, rose, geranium, carrot seed, jasmine, orange, rose, rosewood, sandalwood, frankincense, myrrh, ylang ylang, cedarwood, neroli, palma rosa	sweet almond, wheat germ, cocoa butter, avocado, olive oil
Mature skin	bergamot, geranium, neroli, rose, carrot seed, lavender, cypress, frankincense, fennel, myrrh, orange, patchouli, sandalwood, vertiver, jasmine, palma rosa	avocado, jojoba, wheat germ, apricot kernel, calendula
Blemished skin	tea tree, lemon, rosemary, rose, lavender, palma rosa, myrrh, sandalwood, neroli	sesame, jojoba, sweet almond, calendula, apricot kernel
Sensitive skin	rose, carrot seed, neroli, lavender, chamomile, jasmine	sesame, jojoba, sweet almond, calendula, apricot kernel