



CARRIER/ VEGETABLE OILS

ALMOND OIL, SWEET

A fine, emollient, non-drying fixed oil expressed from the kernel the sweet almond. Sweet almond is an excellent oil to use in creams, lotions and massage oils formulated for dry, normal and combination skins. It helps to reduce itching, cracking and inflammation.

APRICOT KERNEL OIL

A pale yellow oil obtained from the kernel of apricots. A fine, light ~non-drying, semi-drying oil suitable for all skins especially mature, sensitive and dry. May be used 100 per cent as a base oil.

AVOCADO OIL

A beautiful thick, green oil that contains the vitamins A, D, E and K. It is rich, nourishing and invaluable in moisture creams and lotions, particularly for sensitive, dehydrated and sunburnt skins. The vitamin E content helps to preserve other oils in blends. because of its thick consistency, it's best to use no more than 5 to ~. 10 per cent in massage and face oils.

BORAGE SEED OIL

Contains vitamins, minerals and gamma linolenic acid. Use 10 per cent in blends to treat heart and menopausal problems, multiple sclerosis, PMS and skin problems.

CANOLA OIL

Canola is modified rape seed. Canola was developed in Canada, hence the first three letters of the name. Canola is a non-drying oil which is excellent in massage oils and in creams and lotions for dry and normal skins. It is also good for cooking and salad dressings as it is light, low in saturated fat, has little flavour of its own, and is high in omega-3s.

CASTOR OIL

Expressed from the seed of the castor oil plant (*Ricinus communis*). A soothing, rich and heavy non-drying oil that is invaluable in hair conditioners, in hot packs on sore muscles, or to draw splinters out of flesh.

COCONUT OIL

A semi-solid saturated fat extracted from the white meat of the coconut. It is a wonderful lubricant and moisturiser for delicate eye and throat areas. If used very discreetly, it gives shine and condition to hair.

EVENING PRIMROSE OIL

A relatively expensive oil expressed from the seeds of evening primrose (*Oenothera biennis*). This oil is a natural anti-oxidant which makes it ideal to add to other oils to retard rancidity. It is a soothing, healing oil when added to creams and blends to aid in the healing of eczema, psoriasis and other inflammatory skin conditions. It penetrates deeply, counteracts free-radical damage and is a skin rejuvenator, so is well worth including in small amounts -say 5 per cent.



EMU OIL

Emu oil is an oil made from the emu. It is approximately 70% unsaturated fatty acids. The largest component is oleic acid – a mono-unsaturated fatty acid. Emu oil also contains about 20% linoleic (Omega 6) acid and 1-2% linolenic (Omega 3) acid. There is some evidence to suggest that the oil may have medicinal benefit. It is frequently used topically to soften skin and is frequently found in ointments for dry cracked heels. Emu oil has been shown in studies to aid in reducing scar formation in healed burned wounds.

GRAPE SEED OIL

As the name suggests, this oil is produced from grape seeds. It's a fine, semi-drying, polyunsaturated oil which makes it suitable for most skins except the very oily. It is a very good basic carrier oil as it is light, clear, penetrates the skin quickly and has no smell. Add 5—10 per cent wheat germ oil to help prevent rancidity.

HAZELNUT OIL

It has a faintly nutty aroma, is highly penetrative and is fine textured and is one of the most highly unsaturated vegetable oils. It is heralded as an oil that helps to tone and tighten the skin while strengthening capillaries and assisting in cell regeneration, and in folk medicine has been used to massage children with respiratory problems. Hazelnut massage oil has great moisturizing qualities which makes it a good choice to include when mixing a massage oil or preparing a carrier oil blend.

HEMP OIL

Hemp oil contains 57% Linoleic (LA) and 19% Linolenic (LNA) acids, in the three-to-one ratio that matches our nutritional needs. These are the essential fatty acids (EFAs) - so called because the body cannot make them and must get them from external sources. Adding to the diet seems to lower risks of heart attacks because Omega-3 fatty acids reduce the clotting tendency of the blood and improve cholesterol profiles. They also have a natural anti-inflammatory effect that makes them useful for people with arthritis and autoimmune disorders.

JOJOBA OIL

Compared with the other oils, jojoba is a relative newcomer and is in fact not an oil at all but a wax pressed from the bean of the desert plant *Simmondsia chinensis*. One of its main advantages is that it does not become rancid. Jojoba is very similar to sebum (the natural moisturizer produced by our bodies) and gives skin a smooth silky texture. It is useful for treating acne, eczema, psoriasis and inflamed skin. Add 10 per cent to creams, massage oils and other preparations.

MACADAMIA OIL

Macadamia Oil (or Macadamia nut oil) is the non-volatile oil expressed from the nut meat of the macadamia (*Macadamia integrifolia*) tree. Macadamia oil is liquid at room temperature. The refined oil is clear, lightly amber-colored with a slightly nutty odour. Macadamia oil's rich, cushiony skinfeel and high oxidative stability make it especially suitable for heavy



creams and suncare formulations.^[2] Derivatives of Macadamia oil in cosmetics include the light emollient Ethyl Macadamiate and water soluble PEG-16 Macadamia Glycerides. Macadamia oil is an excellent botanical replacement for mink oil in most applications.

OLIVE OIL

Olive oil is a rich non-drying oil expressed from ripe olives. It is one of my favourites and I use cold-pressed extra virgin which is from the first pressing, contains the highest amount of minerals and vitamins and is very green and aromatic. If you don't like the smell, try one of the lighter olive oils from later pressings. Olive oil is too rich for oily skins but is excellent for massage oils, creams, soaps and lotions for dry and normal skins. A lovely oil to use on the skin of babies. Use up to 40 per cent in blends.

PALM OIL

Palm oil is a form of edible vegetable oil obtained from the fruit of the palm tree. Palm oil is one of the few vegetable oils relatively high in saturated fats (such as coconut oil) and thus semi-solid at room temperature. Palm oil contained about 10% linoleic acid, which is an unsaturated omega-6 fatty acid.

PEANUT OIL

Peanut oil (*arachis* oil) is an organic oil derived from peanuts, noted to have the slight aroma and taste of its parent legume. Its major component fatty acids are palmitic acid, oleic acid, and linoleic acid. The oil also contains some 6–8% (total) of arachidic acid, arachidonic acid, behenic acid, lignoceric acid and other fatty acids.

PUMPKIN SEED OIL

Pumpkin seed oil has great healing qualities for skin problems such as sores and ulcers which makes it a good choice to include when mixing a massage oil or preparing a carrier oil blend. It is made from the common pumpkin - *Curcubita pepo* - and although it is used by some people orally for the treatment of urinary tract infections, it also makes a great addition to a carrier oil mix.

RICE BRAN OIL

Rice bran oil is the oil extracted from the germ and inner husk of rice. Rice bran oil contains a range of fats, with 47% of its fats monounsaturated, 33% polyunsaturated, and 20% saturated. The oil may also offer some health benefits, as it contains oryzanol, an antioxidant that may help prevent heart attacks;^[3] phytosterols, compounds believed to help lower cholesterol absorption;^{[4][5]} and relatively high amounts of vitamin E.

ROSEHIP SEED OIL

Expressed from the hips (fruit) of the *Rosa mosqueta* or *rubingosa*. It is high in vitamin C, rejuvenating and healing. Rosehip seed oil is useful for ageing skin, reducing scarring and for damaged tissue. Use up to 10 per cent in blends.



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SAFFLOWER OIL

Safflower oil is a semi-drying, polyunsaturated oil obtained from safflower seeds. It contains protein, vitamins and minerals and is an excellent 'all-rounder', good to balance other oils in preparations and may be used, mixed with other oils, in massage oils, soaps, moisture creams and lotions and bath oils. Safflower oil needs to be refrigerated.

SESAME OIL

Sesame oil is pressed from the seeds of the sesame plant. Use the light coloured oil from unroasted seed. A light semi-drying oil rich in vitamin E, minerals, protein and lecithin. It is useful at 10 per cent in all moisturising creams and lotions to prevent drying and to soften the skin. Sesame seed oil absorbs ultraviolet rays and is reputed to have a sunscreen effect of SPF4.

SUNFLOWER OIL

The refined oil is clear and slightly amber-colored. Sunflower oil, like other oils, can retain moisture in the skin. However, it may also provide a protective barrier that resists infection. Studies using sunflower oil have been conducted involving pre-term infants that are often susceptible to infection due to their underdeveloped skin. Sunflower oil also contains lecithin, tocopherols, carotenoids and waxes. Sunflower oil's properties are typical of a vegetable triglyceride oil. Sunflower oil is produced from oil type sunflower seeds. Sunflower oil is light in taste and appearance and has a high Vitamin E content. It is a combination of mono-unsaturated and polyunsaturated fats with low saturated fat levels.

VITAMIN E OIL

An anti-oxidant oil produced by distillation of various vegetable oils. Adding only 2 per cent will help to prevent oil blends from oxidising. Vitamin E oil rejuvenates ageing skin and helps heal scar tissue.

WHEAT GERM OIL

Wheat germ is a richly nourishing fine, healing oil. Its vitamin E content makes it useful for most skins, especially dry, prematurely-aged skin or for skin troubles such as eczema or psoriasis. It is good in 'anti-stretch mark' blends. Wheat germ oil helps to preserve other oils and 10 per cent is a valuable addition to creams and lotions, massage oils and soaps.