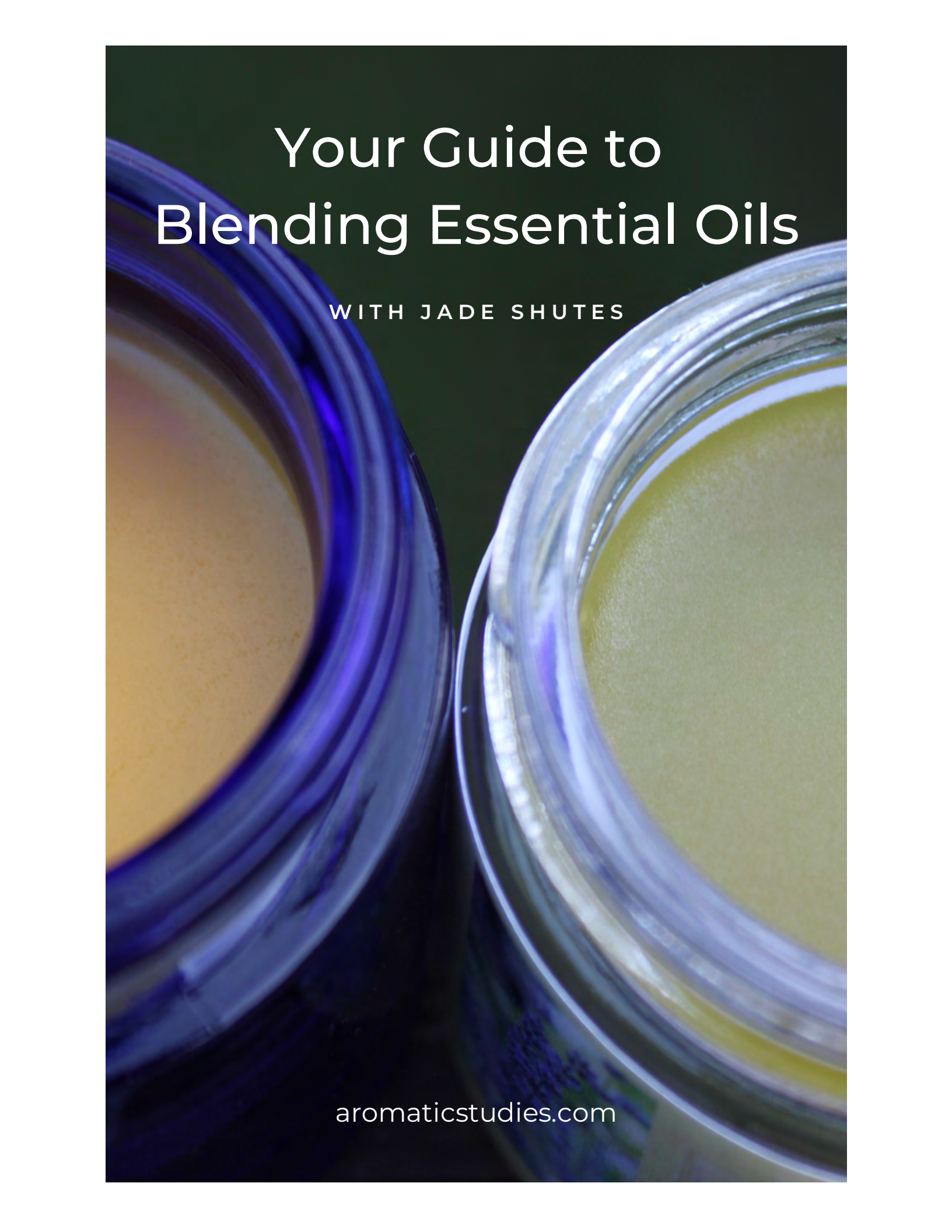




Your Guide to Blending Essential Oils

WITH JADE SHUTES

aromaticstudies.com

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Welcome to the *Dynamics of Blending*

I love blending essential oils and formulating a variety of botanical body care and therapeutic products. I have been a pioneer in creating unique approaches to blending with essential oils and other botanical ingredients since 1992 when I published my first edition of the *Dynamics of Blending Manual*.

Now almost thirty years and several editions of the manual later, I am excited and honored to share updated and relevant material on Aromatic Formulation and the Dynamics of Blending for a new generation of aromatherapists!

In this booklet, we will be sharing our formulation strategies with you including our signature use of the Blending Factor.

Walk in Beauty

Jade Shutes

About Blending and Essential Oils

Blending essential oils is both an art and a science

When I studied aromatherapy 30 years ago in England, we learned a very basic approach to blending. This was largely due to the fact that aromatherapy training in England was applied via massage and not to create a variety of other products.

Once I had opened up my practice in the U.S., I realized I needed other tools to work with when creating an aromatic formulation. And thus began my writing on blending.

Over the years I have developed my signature approach to blending which we teach in our [Foundations of Aromatherapy certificate](#) course as well as in our upcoming [Aromatic Formulation: Dynamic of Blending course](#).

The Aromatic Studies Approach to Blending includes:

- A framework for building an essential oil synergy and blend
- 4 unique approaches for selecting essential oils + 1 unique approach for formulating a therapeutic base
- Blending factor to determine how many drops of each essential oil
- Dynamic blending: a technique which values the therapeutic value of the base we place essential oils into (e.g. massage oil, facial oil, etc.)



Aromatic Formulation

Blending Steps

01. What is your INTENTION or GOAL?

Here at the School for Aromatic Studies, we believe in INTENTION. *What is intention?* Intention is a mental structure, which creates a pathway along which energy can move and elicit desired responses. Intention illuminates our goals in creating an aromatic remedy or botanical body care product.

Examples:

- To create synergy of essentials to uplift and inspire
- To create an effective aromatherapy product for the relief of pain

02. What is your FOCUS?

As a part of your intention and goal, the focus of a blend has three core possibilities. Your focus and intention will then guide your selection of a blending approach.

1. Physical Body (e.g. muscular aches and pains)
2. Emotions (e.g. irritability)
3. Holistic: Physical + Emotion (+Spirit)

03. What is your APPROACH to selecting essential oils?

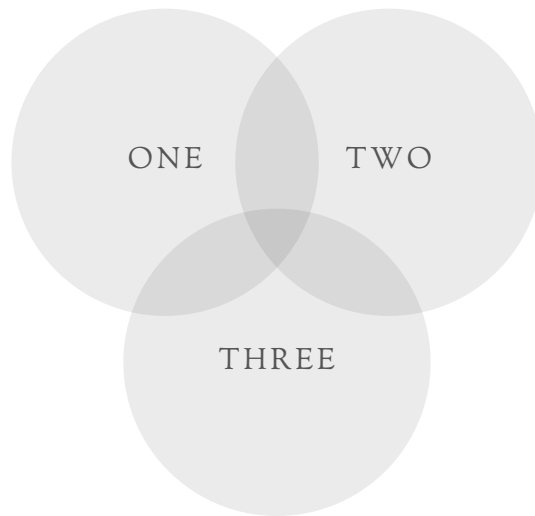
In this blending manual, we share 4 unique approaches to selecting essential oils. Think of these approaches like seeing through different lens.

1. Blending by Plant Part (Morphology)
2. Blending by Aromatic Palette
3. Blending by System Affinities
4. Blending by Chemical Family
5. Dynamic Blending: Why your base matters!

Aromatic Formulation

Blending Steps

04. Synergy Structure: Role of each essential oil



SYNERGY:

a combination of essential oils without base

1. Core essential oil

The core essential oil is chosen based upon your primary purpose/goal and is considered the heart of the synergy.

2. Enhancer essential oil

The enhancer essential oil strengthens the core essential oil in its purpose and therapeutic action.

3. Harmonizing essential oil

The harmonizing essential oil supports and enhances the vitality and purpose of the overall synergy. The harmonizing essential oil often has a decisive impact on the overall aroma and is chosen for both its aroma and ability to enhance the goals of the synergy.

Aromatic Formulation

Blending Steps

05. What are you making?

There are a wide range of product you can make utilizing essential oils including:

- A Synergy (for diffuser or stock bottle)
- Massage Oils
- Facial Oils
- Creams or lotions
- Gels
- Salt scrubs
- Milk baths
- Bathing salts
- Salves
- Aromatic Spritzers

06. What dilution is best for your product?

Essential Oil Dilution Chart						
Carrier oil in ounces	.5% dilution	1%	2.5%	3%	5%	10%
½ ounce	1-3 drops	3-5 drops	8-11 drops	9-13 drops	15-23 drops	30-46 drops
1 ounce	3-5 drops	6-9 drops	15-23 drops	18-27 drops	30-45 drops	60-90 drops
2 ounces	6-10 drops	12-18 drops	30-46 drops	36-54 drops	60-90 drops	120-180 drops
4 ounces	12-20 drops	24-36 drops	60-92 drops	72-108 drops	120-180 drops	240-360 drops

Aromatic Formulation

Dilution Rates and Indications

Dilution Rate and Indications	
Dilution in %	Purpose and Indications
0	Essential oils should not be used for infants under 6 months of age unless absolutely necessary.
0.25% - 0.5%	Infants 6 months or older, frail or elderly individuals, immune compromised individuals
< 3%	Sensitive and fragile mucus membranes, e.g. nasal or auricular applications. Repairing action on the external layers of the skin
1%	Children 2-5 years old, pregnancy; facial creams
1.5%	Subtle aromatherapy, emotional and energetic work, pregnancy, frail or elderly individuals, facial creams and lotions, exfoliants
Between 2 - 5%	Action on the nervous system, emotional well-being, and response to daily stress. Action on the endocrine system. Holistic aromatherapy, general massage work, general skincare, massage oils, lotions, facial oils, body oils, and body butters.
7%	Action on venous and lymphatic circulation. General strength for most blends. This is a stronger dilution that can be used for treatment massage and localized treatment work, wound healing, body oils and butters, and salves.
10%	Action on the joints, tendons, muscles and inflammation. This is a stronger dilution for muscular aches and pains, trauma injury, treatment massage, acute physical pain, localized treatment work, and salves. skin infection/dermatophytes
20%	Similar indications to 10% or 30%. This is the highest dilution rate recommended for dermacaustic essential oils (essential oils that are rich in phenols and aldehydes)
30%	Powerful local action. Warts, acute trauma to the musculoskeletal system, skin infection/dermatophytes
30 - 50%	For acute treatments with non-aggressive essential oils
Undiluted	For localized frictions. Antispasmodic (e.g. muscles, coughs), expectorant, antimicrobial, warming and acute trauma. with non-aggressive essential oils

BLENDING FACTOR

The School for Aromatic Studies and Jade Shutes have been teaching the blending factor since 1991 when Jade opened up her first school in the New England area. It is how Jade learned how to blend and then she developed it further as she worked with it throughout the years. Please note, blending factor is meant to be flexible based upon your own aromatic appraisal and the essential oils you are working with.

The blending factor is on a scale of 1 to 10.

1 = Powerful aroma, use less in blend

10 = Tends to be more volatile, lighter aroma, use more in blend

Once you have selected your essential oils using the framework and method of selecting essential oils, you can begin creating the synergy.

To use the blending factor: Use more of the essential oil or oils that have a blending factor closer to 10. Use less of the essential oil or oils that have a blend factor closer to 1.

For instance, for an inhaler I would use a total of 25 drops to create this synergy:

- Lavender 9 drops
- Mandarin 11 drops
- Patchouli 5 drops

Before blending together:

Prior to blending your essential oils together, take a moment to waft the 3 bottles together under your nose. Observe how each of the three is able (or not) to 'dance' and 'merge' with the others.

If something seems off, take your time to explore if these are the best essential oils to use based upon your intention and goals. You may want to replace one of the essential oils with similar function that marries better with the other two.

Common name	Blending factor
Clary sage	2 to 3
Roman chamomile	1-2
Cypress	5
Eucalyptus	4
Fennel	3-4
Frankincense	4 to 5
Geranium	3
Ginger	4
Grapefruit	7 to 8
Helichrysum	5
Juniper berry	4
Bay Laurel	5 to 6
Lavender	7
Lemon	7 to 8
Lemongrass	1
Mandarin	8 to 10
Sweet Orange	8 to 10
Patchouli	5
Peppermint	1 to 2
Pine, Scots	4
Rosemary	2 to 5
Tea tree	3
Vetiver	1
Ylang ylang	4

BLENDING FACTOR

Perceiving blending factor

The following exercise is meant to help support your awareness of what determines an individual essential oil's blending factor.

Step One: Choose 3 essential oils out of your repertoire of oils.

Step Two: Remove the lids off all three bottles.

Step Three: Using both your hands, hold the bottles together so that all the tops are at the same height.

Step Four: Swirl the bottles under your nose, slowly a number of times. Then pause a moment and repeat. Repeat as needed to gain further insight.

Step Five: Decide which of the three is the most potent (which one seems to be standing out the strongest), and then place this one down on the table. Then with the remaining two bottles repeat Steps 3, 4 and five.

With only three oils, once you have determined the second most potent essential oil, the remaining oil would be considered the least potent. You then have the oils in a line from most potent to less potent which means the first one will have the least amount of drops while the third one shall have the most and the 2nd a middle number of drops.



Making a Synergy Stock bottle

A synergy is defined as: a combination of essential oils without a base. Synergies can be used in diffusers or can be made to serve as a stock bottle to add to different products. You'll build your synergy using our blending approach and blending factor but not with dilution since your note putting the essential oils or synergy into a base.

A stock bottle is essentially a larger bottle (5-30ml) of a synergy of essential oils that can then be used in a variety of products as needed. If you have a favorite synergy of essential oils, consider creating a stock bottle to have available for diffusing, making an inhaler, or adding to your favorite botanical body care product.

BLENDING APPROACH: How to Select Essential Oils

Plant Part

Morphology/Plant Part

This approach is used for blends created to support emotional well-being.

Aromatic Palette

The Aromatic Palette

Like morphology, this approach is used to formulate blends for emotional well-being or to create a special aromatic landscape.

System Affinities

System Affinities and Therapeutic Actions

This is a great approach to use when working with specific systems of the body and when a specific therapeutic action is desired.

Chemical Family

Chemical Family

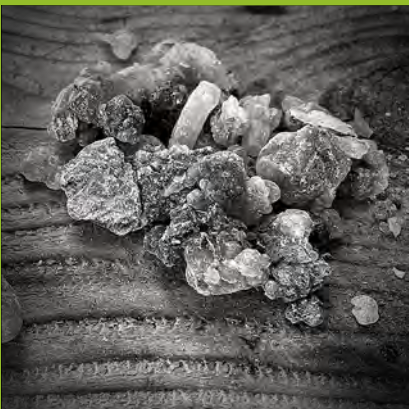
Blending by chemical family has been widely popularized over the years. This approach to blending is supportive to the systems affinities and therapeutic actions approach.

Dynamic Blending

Dynamic Blending: Why your base matters!

Aromatherapists have a wide range of products to work with in creating a therapeutic base for essential oils.

Blending by Morphology



Selecting Essential Oils by Plant Part

Blending by Morphology, also called, plant part, guides your selection of essential oils based upon the unique message each part of the plant contains. Essential oils derived from seeds, roots, woods, resins, leaves, needles, fruits, and flowers each have unique messages to impart in the support of emotional well-being.



SEEDS

Seeds represent the beginning of life for a plant, its potential to become manifest. Seed essential oils support: growth and manifestation, digesting of new or old experiences, ignite new beginnings, and restorative work on the self.

Essential Oils:

- Angelica seed
- Carrot seed
- Coriander seed
- Sweet fennel



ROOTS

One of the functions of a root is to anchor the plant into a substrate (such as the soil). Root essential oils contain messages to ground, provide stability, nourish and support, and maintain homeostasis (a balance in the body). They are a source of stability and resiliency.

Essential Oils:

- Angelica root
- Fingerroot
- Ginger
- Turmeric
- Vetiver



WOOD

The wood (trunk) is the center and strength of a tree. Therefore on an emotional level, essential oils that come from the wood can provide strength and centeredness. They encourage the individual to go inward and inspire self-reflection. Wood essential oils can be incredibly effective for those who are needing some support as they go through a healing process.

Essential Oils:

- Cedarwood
- Palo Santo (branches/twigs)
- Sandalwood

Selecting Essential Oils by Plant Part



RESINS

If you cut into certain trees, they release a resinous substance that helps to protect and heal the tree. Resin essential oils therefore contain the inherent energy to protect and to heal. Resin energy is about healing and is particularly indicated for emotional wounds such as trauma (ptsd), heartbreak, grieving, and separation. Resin essential oils are powerful aromatics for meditation practice.

Essential Oils:

- Copaiba
- Elemi
- Frankincense
- Myrrh

LEAVES AND NEEDLES



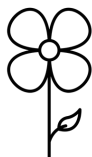
Leaves and needles function within plants for photosynthesis. If we consider photosynthesis for a moment, we can see that this is connected to the power of transformation. Leaf and needle essential oils allow for shifting in perceptions or states of being that may not be productive to an individual's life. Leaf and needle essential oils facilitate transformation on all levels of our being.

This is the largest category however most leaves and needles have a natural affinity for the respiratory system and hence are connected to the breath and breathing. They inspire deep, expansive breathing that can lend itself to feelings of empowerment and vitality.

Essential Oils:

- | | | |
|------------------|--------------|--------------|
| • Cypress | • Peppermint | • Hemlock |
| • Eucalyptus sp. | • Ravintsara | • Petitgrain |
| • Fir sp. | • Saro | |
| • Black spruce | • Tea tree | |

Selecting Essential Oils by Plant Part



FLOWERS

Flowers have a strong affinity with the emotional realm and offer a more feminine energy. Since antiquity, they have represented something of beauty, relating to love and a gift of friendship, hence their ability to soothe the heart and mind. Flowers therefore have a relationship with the reproductive system, our ability to attract, and our ability to survive difficulties. The flower inspires another generation of growth and gives forth life, potential, and movement forward.

Essential oils made from flowers are encoded with messages representing love, compassion, forgiveness, emotional nourishment, attraction, creation, manifestation, and beauty.

Essential Oils:

- The chamomiles (Roman, German, Cape)
- Jasmine
- Lavender
- Rose
- Ylang yang



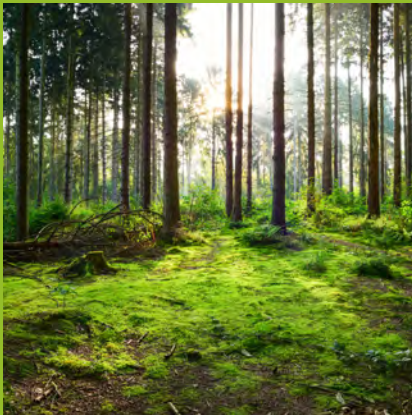
FRUIT/ZEST

Citrus fruits have a naturally uplifting and cleansing effect. Fruits contain the message of purification—cleansing and releasing that which binds or prevents one from moving forward. They are incredibly beneficial for those who feel “heavy” energetically, that is, stuck or unable to release certain thoughts and/or feelings. Citrus oils can also relieve anxiety. When used with roots and resins, they can be quite stabilizing while clarifying difficult situations or allowing for movement of challenging emotions.

Essential Oils:

- Bergamot
- Grapefruit
- Lemon
- Lime
- Mandarin
- Sweet orange
- Yuzu

Blending by Aromatic Palette



Selecting Essential Oils by Aromatic Palette

Blending by Aromatic Palette has been designed to evoke a whole experience, This approach is best when your goal is to support emotional well-being and create a unique aromatic experience. Select essential oils from one or more palettes as desired.

THE FOREST PALETTE

Eucalyptus sp.
Fir, Balsam
Fir, Douglas
Fir, Silver

Juniper berry
Pine, Scots
Black spruce

THE FLORAL PALETTE

The Chamomiles
Clary sage
Jasmine
Lavender
Neroli

Palmarosa
Petitgrain
Rose
Ylang yang

THE SPICE PALETTE

Anise
Basil
Black pepper

Cardamom
Cinnamon leaf
Clove bud

Rosemary
Sage
Thyme

Selecting Essential Oils by Aromatic Palette

THE CITRUS PALETTE

Bergamot
Grapefruit
Lemon
Lime

Mandarin
Sweet orange
Yuzu

THE RESIN PALETTE

Copaiba
Elemi
Frankincense
Myrrh

THE EARTH PALETTE

Cedar
Cedarwood
Lovage
Patchouli
Vetiver



Blending by System Affinities

Selecting Essential Oils by System Affinities

Blending by System Affinities connects individual essential oils to the systems of the body. This approach may be utilized when selecting essential oils for specific imbalances related to a specific system of the body.

DIGESTIVE

Anise	Carrot seed
Black pepper	Cardamom
Cardamom	Coriander seed
The	Ginger
Chamomiles	Grapefruit
Sweet Fennel	Lavender
	Lemon

CIRCULATORY

Black pepper	Grapefruit
Cardamom	Juniper berry
Celery seed	Laurel
Cypress	Lemongrass
	Rosemary

RESPIRATORY

Anise	Eucalyptus sp.
Cardamom	Fir sp.
Cedarwood	Frankincense
Cypress	Green myrtle
	Inula

REPRODUCTIVE

Bergamot	Peppermint
Clary sage	Rose
Geranium	Spearmint
Sweet	Tarragon
marjoram	Ylang yang

MUSCULOSKELETAL

Birch	Plai
Black pepper	Rosemary
Clove bud	Tarragon
Ginger	Wintergreen
Juniper berry	
Peppermint	

SKIN

Blue tansy	Geranium
Carrot seed	Helichrysum
Cape Chamomile	Lavender
German	Palmarosa
chamomile	Rose
Roman chamomile	Sandalwood
Copaiba	Tea tree
Cypress	Yarrow
Frankincense	

Blending by Chemical Family



Selecting Essential Oils by Chemical Family

Chemical Family	Therapeutics	Essential Oils
Monoterpenes d-limonene, myrcene, a-pinene, b-pinene, b-ocimene, a-terpinene, a-phellandrene, camphene	• Antimicrobial • Antioxidant • Drying/dehydrating effect • Energizing/uplifting	Citrus essential oils (e.g., bergamot, sweet orange, etc.) Cypress Juniper berry Pine
Sesquiterpenes b-bisabolene, chamazulene, aromadendrene, germacrene D, b-cadinene, ar-curcumene, b-elemene, a-caryophyllene, b-sesquiphellandrene	• Powerful anti-inflammatory • Antispasmodic • Moderate antimicrobials • Calming and soothing to the nervous system • Anti-allergic	German chamomile Copaiba Tansy Turmeric
Monoterpene Alcohols borneol, lavandulol, nerol, citronellol, linalool, geraniol, menthol, a-terpineol, terpinen-4-ol	• Antimicrobial (broad-spectrum: antibacterial, antifungal, antiviral) • Anti-infectious • Anti-inflammatory • Mild and well tolerated by the skin • Antispasmodic • Nervine	Bergamot Coriander seed Geranium Sweet marjoram
Sesquiterpene Alcohols a-bisabolol, daucol, a-santalol, carotol, farnesol, b-santalol, cedrol, patchoulol, zingiberol	• Anti-inflammatory • Antimicrobial • Antimycotic • Calming and soothing (nervous system, endocrine system and emotions) • Most have strong affinity with the skin	Carrot seed Clary sage German chamomile Patchouli Sandalwood
Esters bornyl acetate, methyl salicylate, geranyl acetate, linalyl acetate, isobutyl angelate, thymol acetate, benzyl acetate	• Anti-inflammatory • Powerful antispasmodic (smooth muscle spasms) • Analgesic • Direct effect on the central nervous system (CNS): relaxing, balancing • Release muscular and nervous tension • Sedative • Hypotensive	Bergamot Cape chamomile Clary sage Inula Petitgrain

Chemical Family	Therapeutics	Essential Oils
Aldehydes Citral (geranial & neral), citronellal	• Antibacterial • Antifungal • Anti-inflammatory • Antiviral • Anxiolytic • Hypotensive • Calming and sedative • Stimulants of the digestive and hepatic functions • Potential skin irritants	Citronella Eucalyptus citriodora Lemongrass Melissa May chang (Litsea cubeba)
Ketones Ar-turmerone, camphor, carvone, fenchone, pulegone, thujone, verbenone	• Mucolytics • Promote skin/tissue regeneration (specifically, Rosemary ct. verbenone) • Wound healing agents • Anti-infectious	Caraway Dill Pennyroyal Spearmint (chemotype) Turmeric
Phenols thymol, carvacrol, eugenol	• Powerful anti-infectious • Broad spectrum: antibacterial, antiviral, antifungal, and antiparasitic • Analgesic (clove, cinnamon leaf) • Antioxidant • Warming, stimulating • Supports and enhances immune system	Clove bud Thyme ct. thymol Oregano Winter savory Cinnamon leaf
Phenylpropanoids cis-anethole, trans-anethole, methyl chavicol syn. estragole, safrole, cinnamaldehyde, methyl eugenol	• Airborne antimicrobials • Antimicrobial • Antifungal • Anti-inflammatory • Antispasmodic • Stress-modulating • Digestive	Anise Basil Cinnamon bark Sweet Fennel
Ethers (Oxides) specifically: 1,8 cineole, also known as eucalyptol	• Analgesic • Anti-inflammatory • Antiviral (respiratory) • Antibacterial (respiratory) • Powerful expectorant • Decongestant (respiratory) • Mucolytic • Immunomodulatory	Eucalyptus Niaouli Tea tree Bay Laurel Rosemary ct. cineole

Blending Insights

The following are a series of observations about blending. They are listed here to serve as helpful guidance during the blending process.

→ Blend Essential Oils First

When creating an aromatherapy massage oil, cream, gel, or other application, it is best to blend the essential oils together first. The essential oils will merge together more quickly this way. If you add each essential oil separately directly into a base product, it will take longer for them to blend together.

→ Glass: A Valuable Tool

Whether creating a blend or a synergy, it is most beneficial to combine the essential oils in a glass container first rather than plastic. Plastic seems to alter the aroma and dull the therapeutic synergistic blending of the oils themselves. It is also possible that a small quantity of essential oil is naturally drawn into the plastic and the essential oil may pull some of the plastic constituents into the blend. **This is not the case for PET bottles. So, I recommend avoiding the use of plastic, except PET plastic, for blending essential oils. One can always add the synergy into a base product and then into a plastic bottle for immediate use, when needed or desired. Glass, on the other hand, appears to support the successful integration of the essential oils and should be used as the first vehicle for blending.

→ Synergy Shake-down

A synergy is a combination of 2 or more essential oils without a carrier. Once you have placed 3 to 5 essential oils inside a glass bottle, it is important to swirl and shake the essential oils around. This can be accomplished by placing the lid securely on the bottle and then gently shaking.

This will allow the oils to move around, interact, and merge together. One should shake the bottle for at least 2 to 3 minutes. Once you have done this, open the bottle and see how the synergy is merging together.

Blending Insights

One drop can change the aroma

Sometimes one of the essential oils is still taking over the aroma; this can mean one of two things: either the synergy needs to be shaken more or more drops of the other essential oils in the synergy need to be added.

It is wise, before adding additional drops, to repeat the shaking of the bottle a few more times. This can sometimes have the effect of merging the essential oils more closely together. If after this exercise one of the essential oils is still showing up more than it should, you can add a drop or two of the other essential oils in the synergy. This can often have an immediate balancing effect on the whole blend.

→ Synergizing time

If you have ever blended before, you will have noticed how a blend or synergy can change over time. Like all relationships, the interaction of one essential oil with another, as well as the interaction of a large number of chemical constituents, is bound to create an ongoing dialogue as they figure out ways to merge, enhance, or dull the other. Basically, when essential oils are blended together, it takes time for them to merge. Synergizing time takes into account that a blend or synergy will continue to change and evolve over time.



DYNAMIC BLENDING: WHY YOUR BASE MATTERS!

If you are making a product such as a facial or body oil then it's time to focus not only on formulating the essential oils but the base ingredients too.

Dynamic blending is a matter unto itself and I could fill this manual just with information on this. To keep things short, we are sharing the carrier oils, which are the simplest base to blend for essential oils into.

You can create a blend of carrier oils to use in facial or body oils and even a roll-on! Carrier oils add nourishment, and may add color (e.g. tamanu oil) and/or an aroma (e.g. raspberry seed oil). The possibilities are endless!

Please see Carrier oil chart on next page to begin exploring unique carrier oils.

Example Blend of Carrier Oils for a mature skin body oil.

To make 4 fl. oz. (120mls)

- 60mls Jojoba oil
- 30mls Rosehip seed oil
- 25ml Baobab oil
- 5ml Pomegranate seed oil

Name	Nutrient Profile	Therapeutic Actions
Sweet Almond oil <i>Prunus amygdalis</i> Absorption rate: Wet, absorbs slowly Dilution: Can be used 100% or in a blend of other oils.	Monounsaturated/ Polyunsaturated oil Rich in oleic acid (60-86%) with linoleic acid (15-30%)	• A good emollient, it protects and nourishes the skin. • Helps relieve itching, soreness, dryness and inflammation of the skin e.g. eczema. • Good for all skin types, particularly dry skin.
Apricot Kernel oil <i>Prunus armeniaca</i> Absorption rate: Wet, absorbs more slowly Dilution: Can be used 100% or in a blend of other oils.	Monounsaturated/ Polyunsaturated oil Rich in oleic acid (upwards of 72%), with linoleic acid (20-25%)	• All skin types: mature, dry, sensitive, or inflamed skin. protects the skin from free radicals, reduces inflammation, supports wound healing, and promotes skin barrier homeostasis. • A great combination for massage applications is 50% apricot kernel and 50% sunflower oil. • useful for relieving inflammation, itchiness, and dry skin
Argan oil <i>Argania spinosa</i> Absorption rate: Wet, absorbs slowly Dilution: Can be used 25-100%	Monounsaturated/ Polyunsaturated oil Rich in oleic acid (41-55%), and linoleic acid (28-38%)	• Beneficial for mature, aging, or damaged skin. • Improve skin elasticity and skin hydration in post-menopausal women. • Daily dermal application of argan oil may reduce water loss (transepidermal water loss) and restore a damaged skin barrier. • It may be useful in gels or creams to prevent wrinkles or for around the eyes as a nourishing oil or cream. • Based upon its cultural and historical uses, argan is indicated for problematic skin and acne. • Argan oil combined with rosehip seed oil can support healthy scar formation and prevent stretch marks.
Avocado oil <i>Persea americana</i> Absorption rate: Dry, readily absorbs into skin Dilution: Can be used 5-25% in a blend of other carrier oils.	Monounsaturated oil Rich in oleic acid (47-67%), with palmitic acid (12-28%) and linoleic acid (10-19%)	• Antibacterial, anti-wrinkle, and healing properties • Revitalizing, emollient, and cell-regenerating, it is indicated for all skin types, especially post-menopausal, dry, dehydrated, fragile, or mature skin, or skin experiencing premature aging. • Avocado oil is also helpful for dry eczema or psoriasis.

Name	Nutrient Profile	Therapeutic Actions
Baobab oil <i>Adansonia digitata</i> Absorption: Wet, slow to absorb Dilution: Can be used 100% or in a blend of other oils.	Monounsaturated/ Polyunsaturated/ Saturated oil Rich in oleic acid (30-44%) and linoleic acid (27-37%) with palmitic acid (18-30%)	- Improves the skins elasticity, - Relieves inflamed skin condition such as dry eczema and psoriasis, - Cell regenerative - Softens and soothes the skin - May alleviate pain from burns - May improve appearance of stretch marks and scars - Can improve texture and shine to hair
Borage oil <i>Borago officinalis</i> Absorption rate: Dry, absorbs quickly into the skin Dilution: Can be used 10-20% percent in a blend of other oils.	Polyunsaturated oil Rich in linoleic acid (34-38%) and gamma-linolenic acid (21-25%) with oleic acid (14-18%)	- Recommended for premature aging, dry and devitalized skin, psoriasis, sensitive skin, and eczema. - Due to its rich gamma-linoleic acid content and other essential fatty acids, borage seed oil is a beneficial anti-inflammatory carrier oil. - Borage seed oil reduces transepidermal water loss - May be beneficial in the treatment of atopic dermatitis.
Castor oil <i>Ricinus communis</i> Absorption rate: wet, slow to absorb Dilution: Can be used 100 percent or, more commonly, at a 10-15% dilution in a blend of other oils.	Monounsaturated oil Rich in ricinoleic acid (75-94%)	- Excellent emollient, although seldom used in aromatherapy practice or products. - May be useful for brown patches (age spots), liver spots, or blemishes. - Castor oil adds a shine to lip balms. - Ricinoleic acid (RA) has been shown to have antinociceptive, analgesic, and anti-inflammatory activity. This could make castor oil a useful addition to blends for muscular aches and pains or formulations to address general tension in the body.
Coconut oil <i>Cocos nucifera</i> Absorption rate: Wet – slow to absorb Dilution: Can be used at 100 percent or in a blend of other carrier oils.	Saturated oil Rich in Lauric acid (45-53%) and myristic acid (16-21%)	- Excellent emollient and also slightly occludes the skin, thereby preventing transepidermal water loss. - It is used extensively in body butters, whipped butters, lip and body balms, and creams. - Coconut oil is considered cooling in Ayurvedic medicine and is indicated for Pitta skin conditions - Beneficial carrier oil for dry skin and dry, damaged hair.

Name	Nutrient Profile	Therapeutic Actions
Jojoba oil <i>Simmondsia chinensis</i> Absorption: Dry, readily absorbs into skin Dilution: Can be used 100 percent or in a blend of other oils	(97%) of wax esters of monounsaturated, straight-chain fatty acids and alcohols with high-molecular weights	• Used for acne to dissolve clogged pores. • Has natural anti-inflammatory properties making it helpful for eczema, psoriasis, and inflamed skin. • Supports wound healing. • Great oil for the hair, relieving dry scalp and dandruff. (I like to use it with sesame oil 50/50). • Great for the nails and cuticles. • Recommended for regenerative skin care and for preventative aging care. • Improves and reduces stretch marks. • Indicated for oily, combination, or acne skin types although all skin types will benefit. • Vata, pitta and Kapha will all benefit from jojoba.
Evening Primrose oil <i>Oenothera biennis</i> Absorption rate: Dry, absorbs quickly into the skin Dilution: Can be used 5-15% in a blend of other carrier oils.	Polyunsaturated oil Rich in linoleic acid (65-80%) and gamma-linolenic acid (9-27%)	• Strengthens the epidermal barrier, normalizes the excessive loss of water through the epidermis, regenerates skin, and improves smoothness after both topical and oral applications. • Good for premature aging, dry and devitalized skin, psoriasis, eczema, and regenerative skincare. • Indicated for atopic dermatitis due to its anti-inflammatory activity • It is also useful where there is a loss of elasticity.
Marula oil <i>Sclerocarya birrea</i> Absorption rate: Wet, medium to slow Dilution: Can be used 100 percent or in a blend of other oils.	Monounsaturated oil Rich in oleic acid (70-78%)	• Nourishes and protects the skin • Soothing to sunburns and chapped/irritated skin. • Beneficial for inflamed skin conditions such as dry eczema, dermatitis, and psoriasis. • Has been used traditionally to prevent stretch marks. • Good for all doshas particularly vata. • Indicated for dry and cracking skin, and dry, damaged and fragile hair.
Pomegranate seed oil <i>Punica granatum</i> Absorption rate: Dry, readily absorbs into the skin Dilution: Use at a 10-15% percent with other carrier oils or co2 extracts from the carrier oil palette. Can use in higher dilutions as needed.	Polyunsaturated oil Rich in punicic acid (57-79%)	• Excellent anti-inflammatory carrier oil • Indicated for dermal inflammations such as acne, sunburn, psoriasis, and rosacea. • Supports health via its ability to support cellular regeneration (specifically in the epidermis), combat free radicals (antioxidant activity). • Improves skin elasticity, revitalizes premature aging or sun damaged skin • Beneficial emollient for dry, irritated skin.

Name	Nutrient Profile	Therapeutic Actions
Pumpkin seed oil <i>Cucurbita maxima</i> Absorption rate: Dry, readily absorbs into the skin Dilution: Use at a 2-10% percent with other carrier oils or co2 extracts (caution on too much as it can leave the skin a bit orange)	Polyunsaturated oil / Monounsaturated oil Rich in linoleic acid (40-65%) and oleic acid (15-38%) Beta-carotene content: 4-6mg/kg	• Highly nourishing emollient • Indicated for preventative and premature aging of the skin • Cell regenerative • Anti-inflammatory and antioxidant activity
Rosehip seed oil <i>Rosa rubiginosa</i> Absorption rate: Dry, readily absorbs into the skin Dilution: Use at a 10-25% percent with other carrier oils or co2 extracts from the carrier oil palette. Can use in higher dilutions as needed or desired.	Polyunsaturated oil Rich in linoleic acid (37-55%) and alpha-linolenic acid (25-31%) with oleic acid (11-22%)	• Inflamed skin conditions • Hyperpigmentation of scars • Tissue regeneration (scars, skin burns, etc.) • Premature aging • Preventative aging (antioxidant) • Treatment of skin disorders: eczema, trophic ulcers of the skin, cheilitis (inflammation of the lips, dry chapped lips) • Best tissue regenerators for scars, skin burns, and for premature aging. • Exceptional effect in reducing the hyperpigmentation of scars and reducing their appearance. • Indicated for reducing photoaging. • Rosehip seed oil is rich in linoleic and alpha-linolenic acids which contribute to the oils anti-inflammatory and cellular regeneration activity as well as its ability to prevent transepidermal water loss.
Safflower seed oil <i>Carthamus tinctorius</i> Absorption rate: Oleic acid rich: slow to absorb; Linoleic acid rich: absorbs readily Dilution: Can be used 100% percent or in a blend of other oils.	#1: Polyunsaturated oil Rich in linoleic acid (67-83%) with oleic acid (8-21%) #2: Monounsaturated oil Rich in oleic acid (70-84%)	• Wonderful for all skin types, emollient and soothing to the skin. • Great for massage and skincare lotions. • For massage, combine 50% safflower with 25% apricot kernel, 15% St. John's wort herbal oil, and 10% Calendula. • Linoleic-acid rich safflower oil is recommended for inflamed, irritated skin as well as for atopic dermatitis and eczema due to its anti-inflammatory and skin soothing properties.

Name	Nutrient Profile	Therapeutic Actions
Sesame seed oil <i>Sesamum indicum</i> Absorption rate: Medium Dosage: Can be used 100% percent or in a blend of other oils.	Monounsaturated/ Polyunsaturated oil Rich in oleic acid (35-42%), and linoleic acid (41-48%)	• Skin restructuring and emollient properties while also reinforcing the integrity of the skin. • Sesame is a free radical scavenging oil. • Used extensively in Ayurvedic medicine and is indicated specifically to pacify vata due to its warming properties. • Sesame is particularly good in dry and/or cold climates because it is heavy and penetrates the skin, going deep into the tissue. It is very nourishing, and prevents the skin from getting excessively dry. • Sesame oil massaged into the scalp once a week is an excellent way to nourish the scalp and restore the natural balance and luster of hair.
Sunflower oil <i>Helianthus annuus</i> Absorption rate: Oleic acid rich: slow to absorb; Linoleic acid rich: absorbs readily Dilution: Can be used 100% percent or in a blend of other oils.	#1: Polyunsaturated oil Rich in linoleic acid (67-83%) with oleic acid (8-21%) #2: Monounsaturated oil Rich in oleic acid (70-84%)	• Wonderful for all skin types, emollient and soothing to the skin. • Oleic rich sunflower oil is great for herbal oil infusions. • Linoleic-acid rich sunflower oil is recommended for inflamed, irritated skin as well as for atopic dermatitis and eczema due to its anti-inflammatory and skin soothing properties. Regenerative skin care.
Tamanu oil <i>Calophyllum inophyllum</i> Absorption rate: Dry – readily absorbs into skin. Leaves a slightly tacky feeling on the skin when applied at 100%. Dilution: Dilutions of 10-25% combined with other carriers is recommended. Can be used at 100%, particularly when working with shingles.	Monounsaturated/ Polyunsaturated/ Saturated oil Rich in oleic acid (30-44%) and linoleic acid (27-37%) with palmitic acid (18-30%)	• Wound healing, relieves pain and supports the health of the skin • Antimicrobial, antibacterial, antioxidant, anti-inflammatory, and wound-healing properties • Tamanu promotes the formation of new tissue and accelerates healing and growth of healthy skin. • Tamanu also serves as a highly effective anti-inflammatory oil. A component of tamanu oil, calophyllolide, may contribute to its anti-inflammatory and wound healing activity. • Dermal application of tamanu oil can improve the appearance of scar tissue. • Tamanu oil exhibits antioxidant and anti-UV properties at a 1% dilution. • It is indicated for cuts, scrapes, burns, insect bites or stings, abrasions, acne, acne scars, psoriasis, diabetic sores, anal fissures, sunburn, dry or scaly skin, blisters, eczema, herpes sores, and to reduce foot or body odor. • Tamanu oil may also be indicated for sciatica, neuralgia, and rheumatism. Tamanu exhibits antimicrobial activity, which is effective in treating Tinea infections (ringworm). • The antioxidant activity of tamanu oil helps to protect the skin from free radicals.

BLENDING STEPS

01. What is your INTENTION or GOAL?

02. What is your FOCUS?

03. What is your APPROACH to selecting essential oils?

04. The Synergy Structure

Core essential oil:

Enhancer essential oil:

Harmonizing essential oil:

4B. Do they smell good together?

05. What product are you making?

06. What dilution is best for your product?

07. Pulling it all in together

Now it's time to make your product. Be sure to take notes and keep a record of your formulation.

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AROMATIC FORMULATION TO
THE NEXT LEVEL

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