

RoxEssential

OUR CARRIER OILS

Find out what we use and why.



Exploring the Benefits of Different carrier Oils for Hair & Skin

When it comes to natural oils for skin and hair care, there are several excellent options to consider. Each oil offers unique benefits and can be tailored to specific needs. Let's delve into the properties and benefits of sweet almond oil, jojoba oil, fractionated coconut oil and argan oil.

Sweet Almond Oil

Sweet almond oil is a lightweight oil that has gained popularity in skin treatments due to its nourishing properties. It is packed with **omega-3 fatty acids** and **vitamin E**, making it a fantastic choice for maintaining healthy skin.

Benefits:

- **Hydration:** Helps to lock in moisture, keeping the skin soft and supple.
- **Anti-Inflammatory:** Known for its soothing properties, it can help calm irritated skin.
- **Rich in Nutrients:** The presence of omega-3 fatty acids and vitamin E promotes skin health and can help in repairing damaged skin.

Jojoba Oil

Jojoba oil is another versatile oil rich in vitamins B, C, and E. It is particularly beneficial for both hair and skin due to its moisturising properties.

Benefits:

- **Non-Comedogenic:** Does not clog pores, making it a great option for acne-prone skin.
- **Quick Absorption:** Easily absorbed by the skin, leaving no greasy residue.
- **Versatile Use:** Can be used as a moisturiser, massage oil, makeup remover, or even as a hair treatment to add shine and reduce frizz.

Fractionated Coconut Oil

Fractionated coconut oil is a form of coconut oil that has had the long-chain fatty acids removed, making it remain liquid at room temperature. This alteration not only changes its texture but also enhances some of its properties.

Benefits:

- **Stable and Long-Lasting:** Due to its long shelf life, it doesn't become rancid quickly.
- **Lightweight and Non-Greasy:** Unlike regular coconut oil, it is less oily and more easily absorbed by the skin.
- **Versatility:** Ideal for use in massages, as a carrier oil for essential oils, and in making DIY skin and hair care products.

Argan Oil

Argan oil, often referred to as "liquid gold," is a precious oil derived from the kernels of the argan tree, native to Morocco. Rich in nutrients, it offers a wealth of benefits for both hair and skin care.

Benefits

- **Moisturising Properties:** Argan oil is renowned for its ability to deeply moisturise and hydrate the skin, making it ideal for dry and flaky skin conditions.
- **Anti-Aging:** Packed with antioxidants and vitamin E, argan oil helps reduce the appearance of fine lines and wrinkles, promoting a youthful and vibrant complexion.
- **Skin Protection:** The high concentration of fatty acids and antioxidants helps protect the skin from environmental damage and may aid in healing skin irritations.
- **Hair Nourishment:** Argan oil is excellent for hair care, providing essential nutrients that help strengthen and repair damaged hair, reduce split ends, and add a healthy shine.
- **Scalp Health:** It can help soothe an itchy scalp and reduce dandruff, thanks to its anti-inflammatory properties and ability to maintain scalp moisture.

Incorporating argan oil into your skincare or haircare routine can provide comprehensive nourishment and protection, making it a versatile choice for enhancing your natural beauty.

In summary, these oils provide a variety of advantages tailored to various skin and hair care requirements. Whether your goal is to hydrate your skin, enrich your hair, or discover an ideal carrier oil for diluting essential oils, at RoxEssential, we highly recommend exploring sweet almond oil, jojoba oil, fractionated coconut oil, and argan oil. These are the key components in most of our blends.