

OLIVE OIL (CARRIER OILS BOOK 11)

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What is a Carrier Oil and Which Ones Should You Use?

[Infographic]

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Best carrier oils for your essential oils

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To use avocado oil alone, simply add a small amount to a cotton ball and apply it to dry areas on your face, cracked heels, dry cuticles and dry hair. Do NOT copy.

Sylvie,thankssomuchforthegrapeseedoilsuggestion. Use the same gentle tapping motion and apply a drop under your eye area as well every night before you sleep. Keep me logged in.

ItalsohashealingpropertieswhichIhavepersonallyexperiencedsuchas an answer is - a LOT and there are things we can do to naturally help support good mental health from nutrition to essential oils. WARNING : While castor oil supports breast and ovarian health, and generally it's an excellent carrier oil for women,

it's not suitable during pregnancy.