

A brown glass bottle and a glass dropper with oil on a wooden surface.

Discover The Right Type of
Oils For Your Skin Type

The Mini Oil Guide.

BY FRIVOLOUS GIRL

GUIDE INCLUDES

FATTY ACID CHART & COMEDOGENIC LIST

Why coconut oil doesn't work for everyone...

Usually the first two oils you'll be recommended when introduced to natural beauty is Coconut oil and Olive oil, typically to help with problematic skin and to use in the Oil Cleansing Method. It sounds like almost everyone is using it, so it must be good, right?

When digging deeper you'll hear about plenty for whom it has not worked out for at all and who reacts negatively to these oils. After doing some research I found out that while Olive oil has a moderate comedogenic rating of 2, Coconut Oil has a fairly high rating of 4. If you suffer from comedonal acne, a form of acne which is caused by clogged pores from facial products and dirt, carefully choosing the right oil is very important.

But this isn't the only way to determine whether an oil will work for you or not. Oils, what we know of, are made up by fatty acids, and it's these fatty acids that may be the key in determining how they will affect your skin. While there's many different and unique fatty acid compositions, some which only apply to one certain oil, I won't go all in detail on all of them, instead we will focus on the two majors:

Oleic Acid (Omega 9) and **Linoleic Acid (Omega 6)**.

Oleic Acid

This category includes the most popular oils like:

Coconut Oil | Olive Oil | Almond Oil | Argan Oil

Oils with a higher balance of Oleic Acid are richer and heavier. These oils are most suited for very dry skin as they can seal in moisture effectively and are most potent to use in the evening.

As moisturizing high-oleic oils are, acne-prone, oily skin and sensitive skin types might find that these oils exaggerate their problems. Still they are highly promoted to people with skin conditions, and are often the first oils people come in contact with when developing an interest in natural beauty.

Acne patients have been shown to have low levels of linoleic acid in their skin surface lipids.

– 1986. ESSENTIAL FATTY ACIDS AND ACNE ↗

Linoleic Acid

This category includes the most popular oils like:

Rosehip Oil | Grape Seed Oil | Hemp Seed Oil | Evening Primrose Oil

Oils higher in Linoleic Acid are often times called "dry oils", they are lighter and thinner in consistency, but not always, and usually low to non-comedogenic. They don't feel too heavy on the skin and sinks in quite fast without leaving a residue. And will provide enough moisture for oily skin types, but certain oils like Castor Oil may feel a bit drying in the long run.

And when your skin lacks this fatty acid, our skin's natural sebum will become thick and sticky like those oils high in oleic acid, which clogs pores and creates inflammation. We can create a balance by applying oils high in linoleic acid on our skin. Because when our skin's natural sebum is predominantly made out of linoleic acid we rarely get break outs.

High-linoleic oils are also good carriers of essential oils and oils high in oleic acid where they have the ability to penetrate deeper into the skin's layers, making the oil blend much more potent.

Best thing to do is to try different oils as a moisturizer. Do not expect an overnight miracle though, finding out the right dose of the right oil for your own individual skin type takes time, and your choices might also change with the seasons, your own personal life cycle or your mood.

These charts are only to work as guidelines for choosing oils, and have in mind that the overall fatty acid composition usually matters the most:

You might have oily and problematic skin, and according to the chart you should stay away from oils high in Oleic acid, but somehow Argan oil works wonders on your skin, then go with that.

From my experience a blend of both compositions work the best, but it's a matter of personal preference of which oils goes best together in the end.

**HAVE FUN AND EXPLORE!
THE WORLD OFFERS A VIDE VARIETY
OF OILS, YOU ARE BOUND TO FIND
SOMETHING THAT WORKS FOR YOU!**

A study done on acne-prone patients showed an almost 25 percent reduction of acne being achieved within a one month treatment period by topically applying linoelic acid.

- 1998. EFFECT OF TOPICALLY APPLIED LINOLEIC ACID [↗](#)

WHY JOJOBA OIL MAY NOT FIX YOUR ACNE:

It's supposed to be similar to our sebum, and therefore it gets recommended to people with oily and acneic skin types. But when looking closer at its composition, Jojoba Oil is slightly higher in Oleic Acid. Yes, it's not a huge amount, but can still be the triggering factor to why it doesn't work for everyone.

Comedogenic list.

Argan Oil Hemp Seed Oil Kukui Oil Prickly Pear Seed Oil	Safflower Oil Shea Butter Sunflower Oil	0 NONE
Calendula Oil Castor Oil Emu Oil Neem Oil	Pomegranate Oil Rosehip Oil Sea Buckthorn Oil	1 LOW
Almond Oil Apricot Kernel Oil Avocado Oil Baobab Oil Borage Oil Evening Primrose Oil Grape Seed Oil Hazelnut Oil	Jojoba Oil Olive Oil Peach Kernel Oil Peanut Oil Pumpkin Seed Oil Sesame Oil Tamanu Oil	2 FAILRY LOW
Corn Oil Cotton Seed Oil Soybean Oil		3 MODERATE
Cocoa Butter Coconut Butter Coconut Oil	Flax Seed Oil Linseed Oil Palm Oil	4 FAILRY HIGH
Wheat Germ Oil		5 FAILRY HIGH

Shopping list.

List of places I shop for natural skin care and oils.

WWW.FEELUNIQUE.COM*

Balm Balm	Sukin
Fushi	Tisserand
Melvita	Trilogy
Pukka Herbs	

WWW.IHERB.COM*

Aura Cacia	Now Foods
Life Flo	Acure Organics
Desert Essence	Nubian Heritage
Cococare	Weleda

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WWW.FUSHI.CO.UK

Raw Cold Pressed & Organic Oils

WWW.LOVELULA.COM*

A'kin	Pai Skincare
Balm Balm	Trilogy
Concious Skincare	
Healthy Oils	

WWW.RAWLIVING.COM*

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* = Affiliate Link

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