

# Grapeseed

carrier oil 1 oz

Carrier oils, also known as message oils, are so named because they “carry” essential oils onto the skin. Carrier oils, sometimes referred to as base oils, are used to dilute essential oils before they’re applied to the skin in massage and aromatherapy.\*

Carrier oils do not contain a concentrated aroma, unlike essential oils, although some have a mild, distinctive smell. Carrier oils should be as natural and unadulterated as possible, with organic being the best choice whenever possible. Each carrier oil offers a different combination of therapeutic properties and characteristics, and the choice of carrier oil can depend on the therapeutic benefit being sought.\*

Grapeseed Oil an excellent carrier for essential oils, and is perfect for use as a massage or bath oil. It is expressed from the seeds of grapes and used widely in hypo-allergenic products. Grapeseed is the carrier oil of choice when diluting essential oils for use with children.\*

Grapeseed oil has anti-inflammatory properties and can provide relief against pain and swelling caused by arthritis and other inflammation-based conditions. It can help strengthen and repair damaged or broken capillaries and blood vessels which can help to improve circulation and alleviate conditions like varicose veins, spider veins, and hemorrhoids.\*\*

Grapeseed oil has several other important health benefits as well. It is a good source of essential fatty acids and vitamin E. It is also an effective natural hair moisturizer and conditioner. Consistent use of grapeseed oil as a supplement to your regular haircare products can leave you with stronger, healthier, more attractive hair.\*

## uses

### topical

- Pour at least 1 tablespoon in the palm of your hand, add 3 to 5 drops of your favorite essential oil or essential oil blend, mix by rubbing your palms together, and then apply the oils to deliver an all-around or targeted massage to relax and rejuvenate the body.\*
- Works as an excellent body lotion, hand lotion, and facial moisturizer.\*
- Use for a deep conditioning hot oil treatment in your hair, adding your favorite hair essential oil if desired.\*
- Add a tablespoon to your bath to moisturize skin; favorite essential oil and/or bath salts may be added if desired.\*
- Apply liberally to lower abdomen, breasts, and inner thighs daily to prevent and reduce stretch marks during and after pregnancy.\*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).\*
  - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.\*
  - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
  - **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 3% dilution(15 drops/1 ounce).\*

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Product Information Page



## application methods

Topical

### safety group: 1

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

## ingredients

*Vitis vinifera (Grapeseed Oil), cold pressed and unrefined*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor’s care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*