

OIL COMPARISON CHART from <http://swiftcraftymonkey.blogspot.com>

OIL	FATTY ACID PROFILE	SHELF LIFE & USAGE	VITAMIN E (tocopherols and tocotrienols)	PHYTOSTEROLS	POLYPHENOLS	OTHER NEAT THINGS ABOUT THIS OIL
Apricot kernel oil INCI: Prunus armeniaca (apricot) kernel oil	Palmitic: 4% to 7% Stearic: 1% Oleic: 58% to 78% Linoleic: 20% to 35%	12 months Considered a light oil	220 to 475 ppm	2730 ppm β-sitosterol		The phytosterols offer anti-inflammatory, anti-itching, and barrier repair support. The Vitamin E offers softening, moisturizing, and free radical scavenging.
Argan oil INCI: Argania spinosa (argan) oil	Palmitic acid: 12% Stearic acid: 6% Oleic acid: 42% Linoleic acid: 36%	9 months to 1 year. Considered to be a light, dry oil	480 to 620 mg/kg	1% of the oil – schottenol and alpha-spinasterol	Carotenes	Argan oil is used more in hair care products, but there's no reason we can't use it in skin products. It may suppress sebum production.
Avocado oil INCI: Persea gratissima (avocado) oil	Palmitic: 10% Stearic: 4% Oleic: 75% to 80% Linoleic: 7% to 10%	12 months Considered a medium to heavy oil	130 to 200 ppm	91% β-sitosterol campesterol stigmasterol calciferol Vitamin K	Carotenoids – lutein (248 ppm), alpha and beta carotene, Vitamin B 2, biotin, folic acid, thiamine, riboflavin	Avocado oil contains a lot of Vitamin B, as well as Vitamin A and Vitamin E. Vitamin B can help with skin damage, skin protection, and cell regeneration. It's easily absorbed by hair and skin, making it a good choice for hair care products. The carotenoids offer UV protecting and anti-oxidizing properties.
Babassu oil INCI: Orbygnia oleifera (babassu) seed oil	Lauric acid: 42% Myristic acid: 17% Palmitic acid: 10% Oleic acid: 15% Linoleic acid: 3%	Up to 2 years. Is found in a solid form, like coconut oil A dry feeling oil				Babassu oil has a melting point around room temperature and will melt on your skin on contact. It is a dry feeling oil that is a good substitute for coconut oil.
Blackberry seed oil INCI: Rubus Fruticosus (blackberry) seed oil or Rubus Villosus (blackberry) seed oil	Palmitic acid: 3% Stearic acid: 2% Oleic acid: 14% to 17% Linoleic acid: 61% to 70% Linolenic acid: 17%	6 to 9 months A light feeling, dry-ish feeling oil	1639 ppm	4037 ppm 170 ppm squalene	Carotenoids	Blackberry seed oil may have a longer shelf life thanks to the large amount of anti-oxidants in this oil. The phytosterols may be useful for reducing inflammation and redness on our skin.
Blueberry seed oil INCI: Vaccinium	Palmitic acid: 1% to 5%	6 months A light feeling oil	110 ppm	5800 ppm	1781 ppm Anthocyanins	This oil contains quite a lot of phytosterols, which could help with

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corymbosum (blueberry) seed oil	Stearic acid: 1% to 3% Oleic acid: 12% to 22% Linoleic acid: 43% to 53% Linolenic acid: 29% to 32%					reducing inflammation and redness on our skin. This is a very light feeling oil – on par with fractionated coconut oil or one of the esters.
Borage oil INCI: Borago officinalis (borage) seed oil	Palmitic: 4% Stearic: 11% Oleic: 17% Linoleic: 36% GLA: 23%	6 months. Considered to be a light, dry oil. Use at up to 20%.	400 ppm	32% β -sitosterol	Ferulic acid (more than 50%) Tannins Ellagic acid	Borage oil contains the most GLA of all the oils, which helps with skin barrier repair faster than linoleic acid, as well as decreasing transepidermal water loss, increasing skin hydration, and increasing skin flexibility. Borage has been studied in reducing cell hyperproliferation and reducing redness at 20%. Ferulic acid is a more effective anti-oxidant than Vitamin E, and can soothe and moisturize skin, repair light and weather induced skin damage, reduce itching and inflammation, and may reduce skin aging. The tannins make this an astringent oil. The ellagic acid can offer a reduction in the destruction of collagen, an increase in the regeneration of skin cells, and thickening of the skin.
Calendula oil INCI: Prunus amygdalus (sweet almond) oil (and)	Palmitic: 2% Stearic: 2% Oleic: 3.1% Linoleic: 27.5%	6 to 12 months. Considered a light, dry oil. Use at up to 25%	1937 ppm		Carotenoids Tannins	CLA is effective at reducing inflammation and improving epidermal differentiation. Calendula offers anti-inflammatory, anti-septic, anti-

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calendula officinalis (flower) extract Check your supplier for your INCI	CLA (C18:3): 64%					bacterial, and anti-microbial properties, and can help speed wound healing. The calendic acid and tannins are astringent, so this is a light but dry feeling oil.
Camellia oil INCI: Camellia sinensis oil	Palmitic: 8% Stearic: 2% Oleic: 79% Linoleic: 7%	12 to 24 months. Considered a light, non-greasy oil. Use at up to 10% in bath and body creations			Tannins Catechins	Tannins make this oil feel dry as they are astringents. Catechins offer anti-biotic properties and may help with UV related skin damage. Camellia oil is a very high oleic oil that can take the place of olive oil in a lighter or drier way.
Carrot tissue oil INCI: Helianthus annus (and) beta-carotene	Palmitic: 16% Stearic: 1.8% Petroselinic: 11.6% Linoleic: 60% Linolenic: 4.9%	12 months. Considered to be a medium to heavy oil. Use at 10%			Caroteneoids	Carrot issue oil is a medium to heavy weight oil because of the petroselinic acid (the C18:1 instead of oleic acid). It is filled with free radical scavengers, anti-oxidants, and photo-protective carotenoids.
Castor oil INCI: Ricinus communis (castor) oil	Oleic: 2% to 6% Linoleic: 2% to 4% Ricinoleic acid (C18:3, n-9): 85%	1 year Considered a very thick, if not the thickest oil. Low comedogenicity.		β -sitosterol campesterol stigmasterol		Ricinoleic acid is an alcohol soluble fatty acid found only in castor oil. It is a humectant, and offers anti-bacterial, anti-fungal, and analgesic properties. (This doesn't mean it is a preservative!)
Coconut oil INCI: Cocos nucifera (coconut) oil	Lauric (C12): 47.5% Myristic (C14): 18.1% Palmitic: 8.8%	2 years Considered comedogenic and acnegenic	36 ppm		Ferulic acid Catechins Caffeic acid	The ferulic acid and catechins offer great anti-oxidizing properties to coconut oil, as well as anti-inflammatory and anti-itching properties. Coconut oil has been studied extensively on hair and is shown to penetrate strands as well as reducing lost proteins.

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Cranberry oil INCI: Vaccinium macrocarpon (cranberry) seed oil	Palmitic: 3 to 6% Stearic: 2% Oleic: 22 to 26% Linoleic: 30 to 38% Linolenic: 20 to 38%	2 years. A light, dry feeling oil. Use at up to 20%.	1450 ppm Tocopherol 200 to 450 Tocotrienols 1000 ppm	1300 ppm β -sitosterol	β -carotene Quercetin Peonidin Tannins Anthocyanidins Anthocyanins Proanthocyanidin	Cranberry oil contains high levels of Vitamin E and β -carotene, both of which are anti-oxidants and free radical scavengers. The polyphenols offer anti-oxidizing properties. The tannins makes this a dry feeling oil with anti-bacterial properties. The phytosterols offer anti-inflammatory properties and reduce redness and itching, as well as help repairing skin barrier function.
Emu oil INCI: Emu oil	Palmitic acid: 22% Palmitoleic acid: 3.5% Stearic acid: 9.6% Oleic acid: 47% Linoleic acid: 15% Linolenic acid: 0.9%			750 ppm in the form of sitosterol (Technically not phytosterols because they come from an animal.)		Emu oil is reportedly good for inflammation and skin regeneration. Yes, this is derived from emus, the animal, so your vegetarian and vegan friends might not want to use it.
Evening primrose oil INCI: Oenothera biennis (evening primrose) oil	Palmitic: 6% Stearic: 4% Oleic: 11% Linoleic: 70% GLA: 9 to 12%	6 months. Considered a light, dry oil. Use at up to 20%. It is considered 3 on the comedogenicity scale (1 to 5).	221 ppm	Δ 5-avenasterol	Catechins 300 ppm Gallic acid	A light dry oil with lots of GLA, which helps with skin barrier repair faster than linoleic acid, as well as decreasing transepidermal water loss, increasing skin hydration and flexibility. The phytosterols are anti-inflammatory, reducing redness and itching. Catechins offer anti-bacterial properties. Gallic acid is a burn and wound healer. 20% has shown to be effective for atopic dermatitis.
Fractionated coconut oil	Caprylic (C8): 53% to 55% Capric (C10): 36%	2 years (if not longer) A very light oil				As this oil has been fractionated, all the goodies have been removed, leaving only the fatty acids. It's considered a

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	to 47%					very good, very light oil for moisturizing and softening that will penetrate skin and hair. Products made with FCO are considered "oil free" by some.
Grapeseed oil INCI: Vitis vinifera (grape) seed oil	Palmitic: 7% Stearic: 4% Oleic: 16% Linoleic: 72%	3 to 6 months Considered a light, dry oil.	265 ppm	β -sitosterol campesterol stigmasterol	Tannins Catechins Possibly proanthocyanidins	A light, dry oil with a very short shelf life, grapeseed oil contains tannins and catechins, both of which act as anti-oxidants and anti-inflammatories. The phytosterols will offer anti-inflammatory and anti-itching properties to this oil.
Hazelnut oil INCI: Corylus avellana (hazel) seed oil	Palmitic: 4 to 9% Stearic: 1 to 4% Oleic: 66 to 85% Linoleic: 25%	1 year Considered to be a light, dry oil.	1200 to 1400 ppm	1100 to 1400 ppm β -sitosterol (90%) campesterol stigmasterol	Catechins Tannins	Hazelnut oil contains about 200 to 500 ppm squalene. The tannins will make this oil feel drier than something like sunflower oil. The high levels of Vitamin E make this a good moisturizing and softening oil filled with anti-oxidants. The phytosterols offer anti-inflammatory, anti-itching, and anti-dry skin properties.
Hempseed oil INCI: Cannabis sativa (hemp) seed oil	Palmitic: 6% Stearic: 2% Oleic: 12% Linoleic: 57% Linolenic: 19 to 25% GLA: 5%	3 to 6 months Considered a light to medium oil, depending upon refining level	800 to 1000 ppm	β -sitosterol 3 ppm	Cannabinoids Carotenoids	The GLA in hemp seed oil offers increase skin barrier repair, anti-itching, and moisturizing benefits. The cannabinoids have not been shown to have an effect on skin. Carotenoids offer photo-protective qualities as well as support in soothing UVB damage. They are anti-oxidants, as well as pro-Vitamin A, meaning they can be converted into Vitamin A if the body needs it.

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Jojoba oil INCI: Sinesis chinesis (jojoba) oil	Palmitoleic (C16:1): 2% Stearic: 7% Oleic: 14 to 25% Gadoleic (C20:1): 37% Erucic (C22:1): 20%	24 months Considered non-comedogenic and non-allergenic. Use at up to 25% in your creations.	50 ppm	0.5% phytosterols	3% tannins	The tannins offer anti-oxidant and astringent properties. Jojoba penetrates skin through the hair follicles and doesn't block them, and forms a non-occlusive layer on our skin and hair strands. Softens skin by penetrating it. Contains octacosanol (C28), a fatty alcohol that can soothe very dry skin.
Kukui nut oil	Palmitic acid: 5% to 8% Stearic: 2% to 5% Oleic acid: 15% to 30% Linoleic acid: 35% to 45% Linolenic acid: 24% to 34%	12 months A light, very dry and silky feeling oil				Kukui nut has a really unique skin feel in that it feels silky as well as less greasy on your skin.
Macadamia nut oil INCI: Macadamia ternifolia (macadamia) seed oil	Palmitic: 8.9% Palmitoleic (C16:1): 18 to 22% Stearic: 2.9% Oleic: 58.4% Linoleic: 1.8%	1 year Considered a non-greasy or dry oil	122 to 450 ppm	1613 ppm β-sitosterol (1506 ppm) Campesterol Stigmasterol	Catechins	Palmitoleic acid (found in macadamia nut and sea buckthorn oils) is a building block in our skin that helps prevent scratches, burns, and wounds, and is an active anti-microbial. Contains squalene at 185 ppm, offering help to chapped or weather damaged skin and increased cell regeneration. The catechins behave as anti-oxidants and might be anti-bacterial as well.
Meadowfoam oil INCI: Limnathes alba (Meadowfoam) seed oil	Eicosenoic acid: 61% to 63% Docosenoic acid or erucic acid (C22:1)	A year, possibly more		2% phytosterols		Meadowfoam seed oil contains so many anti-oxidants, it can be used to prolong the shelf life of other oils. It contains about 2% unsaponifiables,

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	at 12% to 16% Other C20 and C22 acids making up about 27%.					which is where we find the phytosterols and polyphenols in this oil.
Olive oil INCI: Olea europaea (olive) fruit oil	Palmitic: 10.5% Stearic: 2.6% Oleic: 55 to 83% Linoleic: 4 to 21% Linolenic: 1%	1 year Considered a medium to heavy oil.	100 to 300 ppm	2210 ppm Oleuropein Sistosterol	Tyrosol (anti-oxidant) Luteolein (3.1%) Catechol	Olive oil has been studied as a good oil for post sun exposure. It is considered anti-inflammatory thanks to the sitosterol, as well as a good oil for very dry skin. It's also a humectant!
Pomegranate oil INCI: Punica granatum (pomegranate) seed oil	Palmitic: 2% Stearic: 12% Oleic: 15.7% Linoleic: 7% Punicic acid (C18:3): 64%	12 months. 24 months for CO2 extracted. Considered a light, dry oil.		4000 to 6000 ppm β -sitosterol Stigmasterol	Gallic acid Ellagic acid	Punicic acid offers cell regenerating, anti-inflammatory, and anti-microbial properties to a product. It can increase skin's elasticity and help repair sun or weather damaged skin. Ellagic acid can offer a reduction in the destruction of collagen, an increase in regeneration of skin cells, and thickening of the skin. Gallic acid is a wound and burn healer. The phytosterols in pomegranate oil are very high, on par with sunflower or soy bean oil (but about half of sesame oil) and offer anti-inflammatory benefits that reduce itching and redness.
Pumpkin oil INCI: Curcubita pepo (pumpkin) seed oil	Palmitic: 12% Stearic: 5 to 8% Oleic: 24 to 41% Linoleic: 18 to 62%	6 to 12 months	150 to 1575 ppm	β -sitosterol 249 ppm	Carotenoids 15 ppm Caffeic	The caffeic acid and tocopherols act as free radical scavengers in our products. Phytosterols offer anti-inflammatory benefits that reduce itching and redness. The carotenoids are anti-oxidant and precursors to Vitamin A. The tocopherols can change with the type of pumpkin and the time of year in

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						which is harvested. Check with your supplier for more information.
Raspberry seed oil INCI: Rubus ideaus (raspberry) seed oil	Palmitic acid: 2.7% Oleic acid: 12% Linoleic acid: 54% Linolenic acid: 29%	6 months A light feeling, drier feeling oil	970 ppm in hexane extracted 610 ppm in cold pressed oil 2133 ppm when combined with tocotrienols	3.5% phospholipids 2.7% free fatty acids 4220 ppm	Carotenoids at 230 ppm Ellagic acid Ellagitannins	Raspberry oil contains a lot of linolenic acid, which is great for helping speed up skin's barrier repair mechanism. It might have an SPF of 4, but this is in dispute. It's a great substitute for evening primrose or borage oil thanks to the linolenic acid. And the ellagic acid may help with a reduction in destruction of collagen and an increase in the regeneration of skin cells.
Rice bran oil INCI: Oryza sativa (rice bran) oil	Palmitic: 16% Stearic: 2% Oleic: 42% Linoleic: 36% Linolenic: 1.5%	1 year Considered a medium oil	400 ppm 81 ppm tocopherol 336 tocotrienol	1 to 2% oryzanol gramisterol	Ferulic acid -	Ferulic acid is a more effective anti-oxidant than Vitamin E, and can help with light or radiation induced skin damage. It may also prevent UVB induced skin reddening. Oryzanol can offer moisturizing, softening, and anti-inflammation properties. Contains squalene at 0.1% to 0.7%, and Vitamin B.
Rosehip oil INCI: Rosa canina (rosehip) oil or Rosa rubiginosa (rosehip) oil	Palmitic: 3.8% Stearic: 1.8% Oleic: 1 to 15% Linoleic: 43% Linolenic: 33%	6 months Considered a light, non-greasy oil. Use at up to 10%.			Tannins Carotenoids Vitamin C	The tannins in rosehip oil make it an astringent and non-greasy oil. It offers anti-oxidant and photo-protective qualities from the carotenoids. As little as 6% can help with UV damaged skin, fine lines, wrinkles, and skin barrier repair thanks to the linolenic acid.
Sea buckthorn oil INCI: Hippophae rhamnoides (seed or pulp) oil	Palmitic: 25.5% Palmitoleic: 36.3% Stearic: 1.1% Oleic: 10%	1 year. Considered a light oil. Use at up to 10%.	2610 ppm	Cholesterol 450 ppm Campesterol 90 to 120 ppm	Carotenoids 3000 ppm Flavonols	Sea buckthorn contains a lot of palmitoleic acid, a building block of our skin that helps heal wounds and scratches. It's also anti-microbial. The

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	Linoleic: 12% Linolenic: 1.2% Nervonic (C24:1): 0.9%			Stigmasterol 60 to 100 ppm β-sitosterol 522 ppm		high levels of Vitamin E in this oil make it very moisturizing (it's one of the highest of all the oils). The high levels of phytosterols make it an effective anti-inflammatory that reduces redness and itching. The carotenoids – pre-cursors to Vitamin A – offer free radical scavenging and photo-protective effects. The carotenoids and tocopherols are very high in this oil, making it a fantastic anti-oxidant.
Sesame seed oil INCI: Sesamum indicum (sesame) seed oil	Palmitic: 9.1% Stearic: 4.3% Oleic: 45.4% Linoleic: 40%	9 to 12 months Considered a medium oil	563 to 1095 ppm	8650 ppm Sesamin (500 to 1000 ppm) Sesamol Sesamol (123 ppm)	Lignan (anti-microbial, anti-septic) Actoside (anti-oxidants) Trans-caffeic acid Trans-p-coumaric Trans-ferulic	Sesame oil is non-staining to sheets and fabrics. It is very high in phytosterols, offering anti-inflammatory and anti-itching features. The lignans may help modulate sebum production and may help acne. Very heat stable and one of the highest oils for Vitamin E.
Soybean oil INCI: Glycine soja (soybean) oil	Palmitic: 9.8 Stearic: Oleic: 29% Linoleic: 53% Linolenic: 8%	6 months to a year. Considered a light oil. Considered a 3 on the comedogenic scale (from 1 to 5)	700 ppm	3270 ppm Genisten Daidzein Sitosterol (about 61%)	Syringic Vanillic Caffeic Ferulic p-coumaric	
Sunflower oil INCI: Helianthus annuus oil	Palmitic: 5 to 7% Stearic: 3 to 6% Oleic: 15 to 36% Linoleic: 61 to 73%	3 to 6 months Considered a light oil Use up to 100% Considered non-comedogenic	500 to 1500 ppm 70% tocopherols 30% tocotrienols	3000 to 4500 ppm Sitosterol, campesterol	Chlorogenic acid Caffeic acid Quinic acid	
Sweet almond oil INCI: Prunus	Palmitic: 2 to 6% Palmitoleic: 2%	12 months Considered a light	164 ppm	58.1 ppm Cholesterol		The phytosterols offer anti-inflammatory, anti-itching, and barrier

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amygdalus dulcis (almond) oil	Stearic: 3% Oleic: 60 to 78% Linoleic: 10 to 30% Linolenic: 2	oil.		β-sitosterol		repair support. The Vitamin E behaves as an anti-oxidant.
Virgin coconut oil INCI: Cocos nucifera (coconut) oil	Lauric (C12): 47% Myristic (C14): 18% Palmitic: 8%	1 year Considered less greasy than regular coconut oil	36 ppm		Ferulic acid p-coumaric acid catechins	The polyphenols in virgin coconut oil can be found at up to 7x higher than regular coconut oil. The polyphenols offer anti-oxidizing, anti-inflammatory, anti-bacterial, and anti-itching properties. It will penetrate hair to leave it softer, and this is considered a good moisturizing and softening oil.
Walnut oil INCI: Juglans regia (walnut) oil	Palmitic acid: 5% to 11% Stearic acid: 2 to 5% Oleic acid: 16% to 28% Linoleic acid: 48% to 59% Linolenic acid: 5% to 16%	3 to 6 months Considered a less greasy and light feeling oil	268 ppm to 436 ppm	1.8 to 3.0 mg phytosterols mostly made up of sitosterol	Possibly phenolic acid and tannins	Walnut oil is a drier feeling oil with a short shelf life.
Wheat germ oil INCI: Triticum aestivum (wheat) oil or Triticum vulgare (wheat) oil	Palmitic: 1 to 16% Stearic: 1 to 6% Oleic: 8 to 30% Linoleic: 44 to 65% Linolenic: 4 to 10%	6 months	2540 ppm	5% phytosterols made up of 67% β-sitosterol and 22% campesterol	Ferulic acid Carotenoids	Contains 0.1% to 0.7% squalene, offering support to weather damaged skin and cell regeneration. The phytosterols offer anti-inflammatory, anti-itching, and skin barrier repair support. The carotenoids offer photo-protective qualities as well as soothing UVB damaged skin. They are anti-oxidants as are the tocopherols. Ferulic acid is a more powerful anti-oxidant than Vitamin E.

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A bit of information on fatty acids...(for more information, please download the PDF fatty acids and other things you'll find in oils at <http://swiftcraftymonkey.blogspot.com>)

Palmitic acid (C16): Forms an occlusive layer on our skin, a skin protectant.

Palmitoleic acid (C16:1): A building block in our skin that prevents burns, wounds, skin scratches. Most active anti-microbial in human sebum. Treat damaged skin and mucous membranes.

Stearic acid (C18): Improved moisture retention, increase in flexibility of the skin, and skin damage repair.

Oleic acid (C18:1): Very moisturizing, and helps skin cells regenerate quickly. Very well absorbed by the skin. Acts as an anti-inflammatory.

Linoleic acid (C18:2): Helps to improve skin's barrier function, helps soothe itchy and dry skin, acts as an anti-inflammatory, and moisture retainer.

Vitamin E sinks into our skin and behaves as an anti-oxidant. It softens skin, and adding it to our oils can retard rancidity.

Phytosterols behave like cortisone, offering anti-inflammatory and anti-itching benefits, as well as soothing dry skin.

Polphenols have many different benefits, but many will help with anti-inflammatory, anti-itching, and anti-oxidizing in your products.