

# BASE OILS VS. ESSENTIAL OILS



Base oils are fairly neutral oils which makes them a great compliment for carrying essential oils. This is why base oils are also know as “carrier oils”. Each base oil contains essential fatty acids and natural nutrients which is why pairing them with essential oils can be extremely beneficial to your hair and scalp. Below I have listed five of my favorite carrier oils for natural hair!

- Coconut Oil: One of the most popular carrier oils known. It’s capable of softening hair and is a “super oil”, which is full of antioxidants, anti-fungal, anti-inflammatory, and antibacterial properties. When

purchasing this oil, be sure to search for "unrefined coconut oils" that do not go through a process of chemical extraction!

- Extra Virgin Olive Oil: Excellent for absorption and moisturizing the hair and scalp. This oil is great for any hair type and very beneficial for reducing dry scalps, dandruff, and frizz. It's not a heavy oil that will clog your pores.
- Castor Oil: This carrier oil is great for detox solutions and promoting hair growth. Castor oil is known to stimulate the hair follicles and provides antibacterial, anti-inflammatory, and anti-fungal properties. The omega-6 fatty acids found in castor oils can improve circulation and accelerate hair growth.
- Argan Oil (Also known as Moroccan Oil): is great for promoting hair growth, repairing hair damage and split ends. It is high in omega-6, vitamin E, and vitamin A. Its revitalizing and moisturizing properties make it for wonderful healing and anti-aging usage.
- Jojoba Oil: This base oil most closely resembles sebum (our naturally oily secretion from the sebaceous glands). This makes it an excellent

moisturizer for our skin, especially the hair, face, and neck areas. This carrier oil pairs great with essential oils that have anti-fungal properties.

**Likewise, I have also listed five of my top favorite Essential Oils for you to consider for your natural hair. Be sure to remember that essential oils MUST be diluted before usage, being that they are highly concentrated and very potent. I recommend essential oils for topical and aromatherapy usage. Essential oils are safe to inhale but I do not recommend ingesting them by mouth! Here are some of my favs for you to consider:**

- Tea Tree Oil: Creates a powerfully soothing and excellent cleansing agent for natural hair. It is high in anti fungal disinfectant. Tea tree is antiviral, anti-inflammatory, and has also been know to exhibit anticancer activities!
- Peppermint Oil: This oil is very popular for opening breathing passages, even when used in hot oil treatments. For your hair, it can improve dryness and cleanse other embedded oils. It leaves a very refreshing sensation especially when combined with hair care treatments and herbal rinses. It is a great stimulant for your hair follicles and has

antiviral and antioxidant properties. If you suffer from migraines or headaches, using this oil can significantly reduce tension!

- Lavender Oil: Has sedative, anti-anxiety, anti-inflammatory, antibacterial, antiviral, and immune-boosting properties! This is definitely one of my favorite super oils for many reasons. Lavender oils are great detoxifiers and antidepressants. It's useful for rejuvenating the skin cells while also acting as a calming agent.
- Lemongrass Oil: is used to normalize oil productions for both dry AND oily scalp conditions! It's high in vitamin A, which helps with soothing and healing skin conditions. It's very powerful from a medicinal perspective (even known to slow growth in cancerous and tumors cells).  
This oil is also great from reducing dandruff.
- Rosemary: is an excellent stimulant for all hair types, as it feeds the roots and makes a great conditioner. If you suffer from scalp issues then using this oil would be a great step to consider for improving your overall scalp health.

-- If you are interested in having your oils customized please contact Teri Watson at The Natural Hair Boutique. We are accepting pre-orders for our hair care oils, to stay updated be sure you are subscribed to our email list

and check out our website for updates!  
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