STOCKING YOUR CARRIER OIL PANTRY PART 3
for skin care and formulating
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When we learn about oils and the fatty acids they are made up of, we learn about chain length. Most fatty acid chains are 18 carbons long or shorter. When twenty carbons or more they are uncommon, and called very-long.
FATTY ACID CHAINS OF 20 CARBONS AND LONGER

- The very-long unsaturated carbon chains have unusual properties.

- They are exceptionally stable to oxidation, solidify at cold temperatures, and help preserve other more sensitive oils.

- They provide necessary nutrition to the skin as *trace* fatty acids in a similar manner as *trace* minerals in the diet.

- They absorb into the skin well and are highly compatible with skin tissues.
Snapshot of just one form of very-long C20:1 a monounsaturated very-long fatty acid that has a number of omega numbers, all of which are very stable against oxidation.
FATTY ACIDS; VERY-LONG CARBON CHAIN C20+

- Eicosenoic acid, a 20 carbon monounsaturated fatty acid that helps protect the skin.

- The very-long chain fatty acids are stable to oxygen and help preserve other more sensitive fatty acids and oils.

- Eicosenoic acid, the fatty acid that takes many forms, let’s look at the name, **eicos** means 20, **-en** means (one) double bond, **-oic** means fatty acid
UNUSUAL OILS WITH VERY-LONG CARBON CHAINS

With fatty acids compatible with the skin these oils are light and deliver protection and nutrients to the skin.

The next slide lists a handful of these types of oils to get your pantry ready to work.

These highly stable oils will help protect both your skin and formulas. Shown, jojoba ‘oil’
C20+ FATTY ACID OILS

- Meadowfoam seed oil
- Jojoba ‘oil’
- Abyssinian seed oil
- Broccoli seed oil
- Moringa oil
- Brassica family oils, some
A few notes when choosing new oils to work with:

- These very-long chain oils will bring stability to formulas whether they are cold pressed and unrefined or refined. The action is in the nature of the fatty acids.

- All forms of oils can be used but your choice will depend on what your finished project will be.

- Jojoba, the ‘oil’ that is technically a liquid wax, is available in both clear and golden color.

- If you want neutral scents for mixing essential oils refined versions are best.
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