

Secrets of the cosmetic industry revealed...

# THE AROMANTIC GUIDE

to unlocking the powerful health & rejuvenation  
benefits of vegetable oils



32 vegetable oils

212 recipes

KOLBJØRN BORSETH



# **The Aromantic Guide to Unlocking the Powerful Health & Rejuvenation Benefits of Vegetable Oils**

**Kolbjørn Borseth**

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## Precaution

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The information published here is not intended as a substitute for personal medical advice. Before making any decision regarding your personal health, please consult a GP, qualified aromatherapist, medical herbalist, other qualified health practitioner or a recommended reference book before using macerated herbal oils, vegetable oils, essential oils, absolutes, botanical CO<sub>2</sub> extracts and megadoses of vitamins. Pregnant women, the elderly, those with skin sensitivities or problems, or those with difficult medical conditions should be particularly careful when applying certain vegetable oils, macerated herbal oils, essential oils, absolutes, botanical CO<sub>2</sub> extracts, megadoses of vitamins and other raw materials externally. It's a good idea to let your GP, qualified aromatherapist or health practitioner know that you are considering the use of these raw materials as some may cross-react with conventional drugs you are or may be considering taking. Report any side effects to your personal health care practitioner.

## Disclaimer

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This information is provided for our customers and is obtained from a variety of sources, including the research, knowledge and experience of Kolbjorn Borseth. While we have obviously done our utmost to provide correct information, there may be errors.

USA: These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease.

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## About the author

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Originally from Norway, Kolbjørn Borseth is the founder of Aromantic Natural Skin Care and has been working with and developing natural skin, hair and body care products since he started his factory in Sweden in 1985. His passion is to reveal the secrets that the cosmetic industry would rather hide from us. He teaches others how to make their own products using natural raw materials tailor-made for their friends, family or clients. He does this by providing in-depth information about raw materials on his website, in recipe brochures, press articles, educational guides such as this one, and running educational courses. He is the author of *The Aromantic Guide to the use of Herbs in Skin, Hair and Health Care products* and *The Aromantic Guide to making your own Natural Skin, Hair and Body Care products*.



## Acknowledgements

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## Introduction

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For many people, vegetable oils are simply something to have in the kitchen for cooking or perhaps used for massage as means of lubrication and as carrier oils for essential oils. In fact, most aromatherapists and massage therapists usually focus on the 2% of what goes onto the skin and into the bloodstream during a massage and don't pay much attention to the remaining 98%. The 2% being of course the essential oils, on which more and more legal restrictions are being placed, and the 98%, the vegetable oils.

To me, each oil is a rich source of potential, with unique and wide ranging healing, rejuvenating and otherwise beneficial properties. You could say that each oil has its own personality, which should be appreciated and applied appropriately.

Now, to move onto another important aspect of the book: language. We all know that languages are an important way to understand each other. I felt, in order to unlock the secret knowledge held by the 32 vegetable oils discussed in the book, that they deserved more classification than simply the fatty acid content. I have given you several new ways to classify, and a new language to understand, describe and use these golden treasures of nature more effectively. Further, these new classifications and descriptions will help you to use these oils synergistically, because just as with us human beings, you'll discover that oils with differing qualities are often the ones that work best together.

This is a book that I hope adds to your existing knowledge and experience, as well as deepening your appreciation and even more effective use of vegetable oils in a variety of products, whether for you, your family or your client's specific skin or hair type or condition. I encourage you to combine what you know with what you will learn in this book to develop and research your own recipes and formulas. However, for some of you just the joy of following the simple recipes and making useful products for you or others without any fuss or complicated equipment, will be very satisfying in itself. There are 212 recipes to choose from!

However you use this book, as with all of my other publications and educational efforts, my intention is for it to empower you to align yourself with nature by enjoying, and further unlocking the secrets of, her rich bounty.

Enjoy the adventure!

A handwritten signature in black ink that reads "Kolbjørn Borseth". The signature is written in a cursive, flowing style with a large initial 'K'.

Kolbjørn Borseth

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## Optimise and prescribe the use of vegetable oils in natural cosmetic products

Why use vegetable oils simply for lubrication or as carrier oils for essential oils? By unlocking the secrets of each vegetable oil and adding megadoses of vitamins, you can transform your aromatherapy and massage blends into effective prescriptions for optimal skin health and rejuvenation. Easy reference tables, 212 recipes for oil blends and in-depth information on the uses and properties of each of the 32 vegetable oils covered in this book will help you to tailor-make natural cosmetic products for a variety of skin and hair types and conditions.

## Everyone can make the simple but powerful vegetable oil blends

But this book is not just for professional therapists. It's for everyone who wants to be in control of what they put on their skin and hair. All can enjoy the powerful benefits of the vegetable oils covered in the book by following the easy but nutrient-rich recipes without any fuss or complicated equipment.

## Whether for clients, yourself or your family, learn how to make oil blends, serums and compresses for

- skin rejuvenation and lifting, anti-wrinkle, sun care, hair treatment, make-up remover, nail care, pain relief, perfumes, lip gloss, skin cleansing, sports or Swedish massage, Indian head massage, etc
- treating acne, bruises, bad circulation, cold sores, 'computer' skin, dandruff, earache, eczema, psoriasis, damaged hair, itchy skin, menopausal symptoms, brittle and infected nails, nappy rash, psoriasis, rheumatism, sports injuries, post-cortisone skin atrophy, scar tissue, smokers' skin, wounds, etc
- nourishing different skin types including dry, mature, sensitive, large-pored, oily, black and baby skin.

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