

Carrier Oils

This month in our continuing series of oils, we take a look at the carrier oil

Grape seed

With thanks to Purple Flame Aromatherapy, St John's Spinney, Gun Hill, New Arley, CV7 8IT

The plant is a deciduous, climbing vine that grows to about 20-30 meters. There are

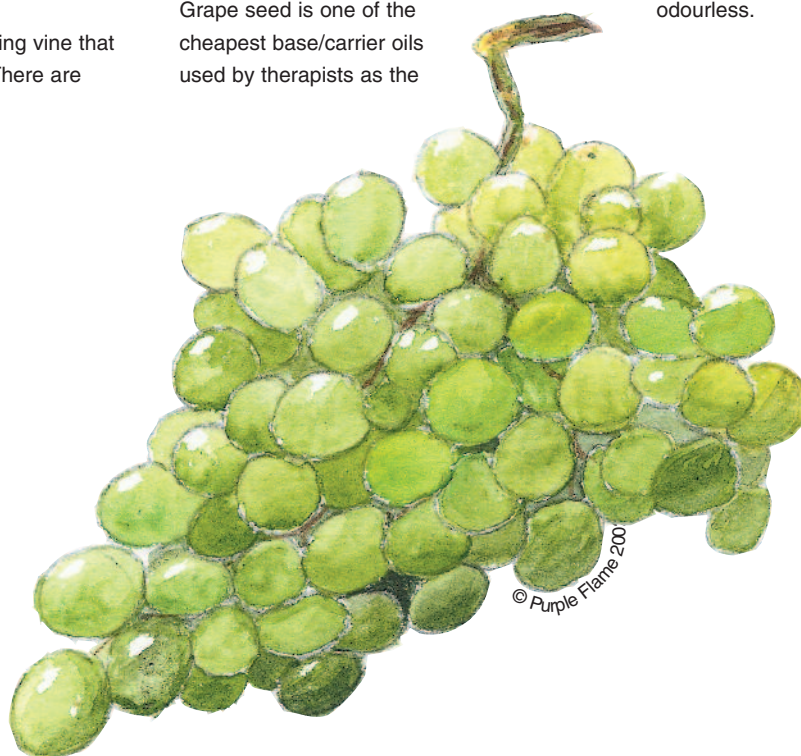
around 300 cultivated varieties, with each grape only producing usually no more than 2 seeds.

It is thought that grape seed oil was first produced in France during times of hardship, though its main producers today are California, Italy and Spain.

Grape seed is one of the cheapest base/carrier oils used by therapists as the

seeds it is made from are a by-product of wine making. The seeds are washed, dried, ground and then pressed with the aid of heat (which is necessary as the seeds are only 12-13% oil). Grape seed is not available cold pressed.

The extracted oil is then refined, making it very pale green in colour and practically odourless.



Oil Name:
Grape seed

Origin:
France

Family:
Vitaceae

Made From:
Seeds

Latin Name:
Vitis vinifera

Main properties said to be:
Emollient.

Main therapeutic uses:
As this oil is ideal for greasy skin it is often used in soothing skin preparations by the cosmetics industry. As this oil is cheap and has good slippage, it has become a favourite massage medium over the years. However, its therapeutic properties do pale slightly

when compared to those of almond, apricot and other carrier oils.

Main constituents:
Linoleic acid; oleic acid; stearic acid; palmitic acid; palmitoleic acid.

Other comments:

- ✿ Almost colourless and odourless (once refined - in its crude state is a dark oil)
- ✿ Often used in cooking as it is naturally cholesterol-free and has one of the lowest levels of saturated fat (9%)
- ✿ Vitis is Latin for 'vine' and vinifera means 'wine bearing'
- ✿ No known contra-indications
- ✿ Non-toxic.