

FREE GUIDE

Soil to Skin: Your Guide to African Oils & Botanical Blending

By Natural Oils Africa

Experience the healing power of Africa's wild-harvested oils — and learn how to blend them for real results.

WHAT'S INSIDE:

- ✅ **Meet the Oils** – Profiles of our top African plant oils + essential oils
 - ✅ **Blending Basics** – Carrier vs essential oils + dilution guide
 - ✅ **DIY Recipes** – Formulas for face, healing, beard, and congestion
 - ✅ **Super Oil Spotlight** – Why Brazilian Pink Pepper is your new go-to
 - ✅ **Bonus: 6 synergistic oils to pair with ours**
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MEET THE HERO OILS

Baobab Oil

Deep hydration + barrier repair. Rich in vitamins A–F, omega 3–6–9.

Best for: Dry, scarred, or sun-damaged skin

Marula Oil

Silky, antioxidant-rich & fast absorbing.

Best for: Aging, sensitive, or combination skin

Kalahari Melon Seed Oil

Lightweight & balancing. High linoleic acid content.

Best for: Oily, acne-prone, or congested skin

Mafura Butter

Anti-inflammatory & reparative.

Best for: Eczema, cracked skin, protective hair care

Tagetes Minuta (Wild Marigold)

Potent decongestant & anti-infective.

Best for: Chest congestion, topical fungus, or steam blends

Tetradenia Riparia (Iboza)

Gentle expectorant & soothing camphoraceous note.

Best for: Sinus blends, chest rubs, muscle oils

SUPER OIL SPOTLIGHT

Brazilian Pink Pepper Bush (Schinus terebinthifolia)

Bold. Medicinal. Seriously underrated.

This essential oil isn't just aromatic — it's loaded with powerful compounds like **alpha- and beta-pinene, limonene, and germacrene**, giving it:

- ✓ Broad-spectrum antimicrobial action (stronger aromatic profile than Tea Tree)
- ✓ Anti-inflammatory and pain-relieving properties
- ✓ Improved skin clarity, fewer breakouts
- ✓ Lung-clearing and energizing aroma
- ✓ Warm, spicy-citrus scent that's wearable & unisex

Best for: Congestion blends, breakout-prone skin, post-shave irritation, respiratory defense

“It smells like a clean forest with a citrus kick — but it works like a disinfectant.”

— Artisan Formulator, Cape Town

BLENDING 101

Carrier Oils vs Essential Oils:

- **Carrier oils** (baobab, marula, melon seed) nourish & protect
- **Essential oils** (pink pepper, tagetes, vetiver) deliver active therapeutic benefits

Dilution Guide:

- Face: 0.5–1%
 - Body: 2–3%
 - Targeted Spot: 5% (max)
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DIY RECIPES



1. Face Glow Serum

Targets: dull, aging, or dry skin

- 15ml Baobab
 - 10ml Marula
 - 3 drops Frankincense
 - 2 drops **Brazilian Pink Pepper**
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2. Skin Healing Oil

For scars, rough patches, eczema, post-wax rash

- 20ml Mafura (softened)
 - 10ml Baobab
 - 3 drops **Brazilian Pink Pepper**
 - 2 drops Lavender
 - 1 drop Tagetes Minuta
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3. Congestion Oil (All-African)

For sinus relief, cough, or steam inhalation

- 10ml Baobab or Kalahari Melon Seed Oil
- 4 drops **Brazilian Pink Pepper**
- 3 drops Tetradenia Riparia
- 2 drops Tagetes Minuta

Use in steam bowl or apply to chest (diluted).



4. Beard Repair Oil

Soothes bumps, irritation, dry skin under beard

- 20ml Sweet Almond or Marula
 - 3 drops Vetiver
 - 3 drops **Brazilian Pink Pepper**
 - 1 drop Lemongrass (optional for citrus lift)
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SYNERGISTIC OILS TO PAIR WITH OURS

1. **Frankincense** – Skin-regenerating, grounding aroma
 2. **Lavender** – Soothing, calming, balancing
 3. **Helichrysum** – Scar-healing & anti-inflammatory
 4. **Jobba Oil** – Balances oily or combo skin
 5. **Geranium** – Balances sebum, supports hormonal skin
 6. **Vetiver** – Earthy base note & calming for men's blends
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FINAL TIPS

- Always dilute essential oils before skin use
 - Store in dark glass bottles, out of direct sunlight
 - Patch test first, especially with strong oils like Tagetes or Pink Pepper
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Get the Full Guide + Bonus Recipes

Want to download the full 10-page PDF with printable formulas and extra seasonal DIYs?



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