

A close-up photograph of green leaves with frost or snow on their edges and surfaces. The leaves are vibrant green with some reddish-brown tints, and the frost is a bright white. The background is dark, making the leaves and frost stand out.

Winter Skin Care Recipes

seven+ combinations to make and modify

seven+ formulas ideas

As a tip, use oils alone on the skin to get to know them. But to create a better experience, they are best combined into simple combinations that will protect and maintain the skin during weather extremes.

The following recipes are suggestions; feel free to modify the percentages and choose other oils.

The oils and fats will teach your skin, so experience them individually before combining; from there, your skin will help you decide the final formula.

These are only three oil suggestions, and with time and experience, more additions can provide even more help to the skin.



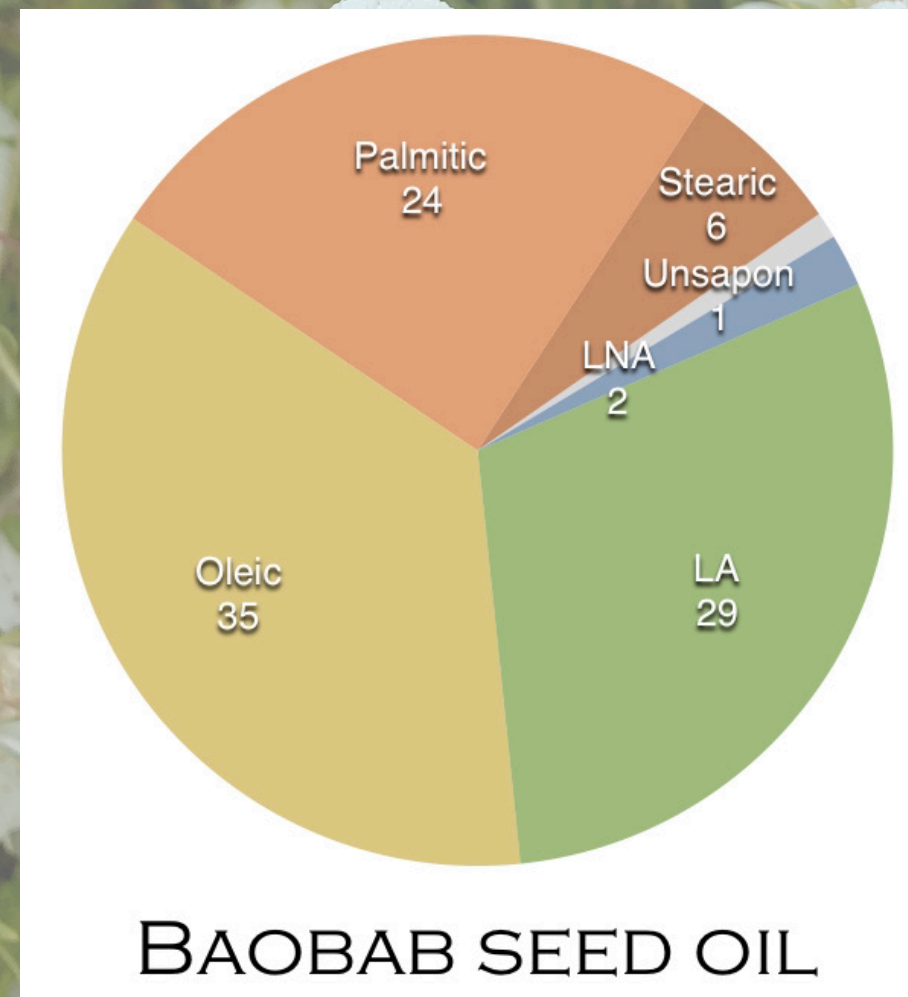
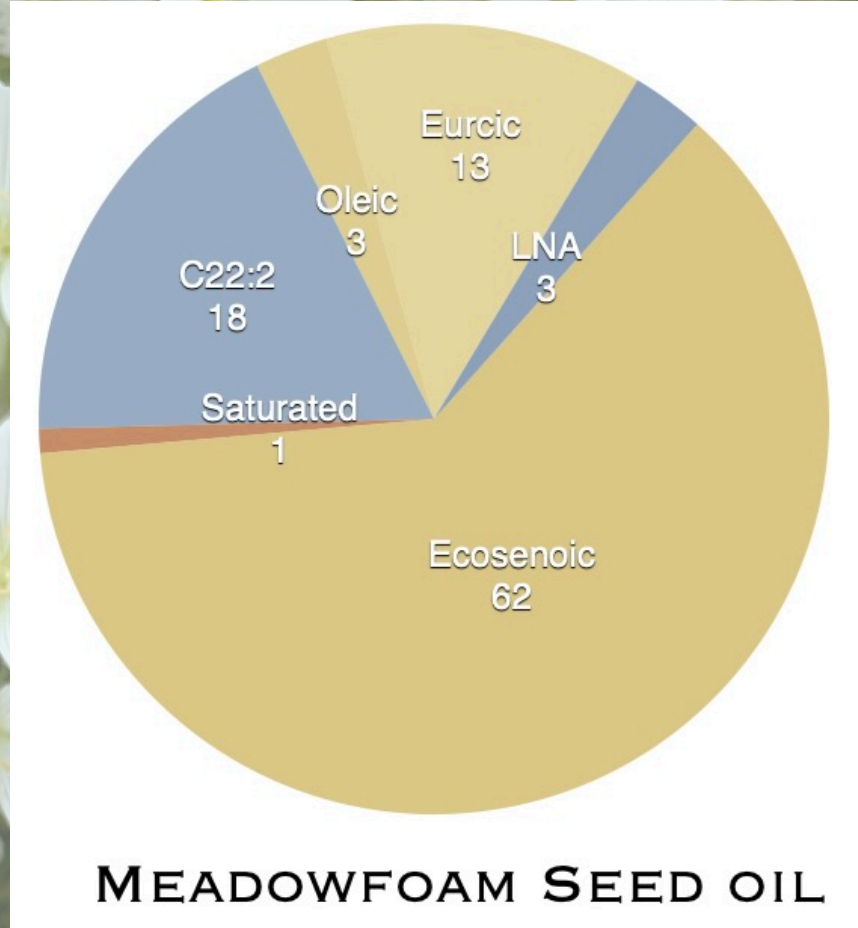
formula #1

Meadowfoam is such an excellent oil for protecting the skin so that we can begin with it at 40-50% of the total.

In this corrected pie chart, which aligns with the colors in baobab, we can see how much is yellow, or monounsaturated fatty acids, with most over 20 carbon atoms long.

In the Baobab pie chart, you can see a somewhat balanced profile of fatty acids —saturated, oleic, and linoleic —which will offer occlusiveness and emollience.

A third oil could include Nigella, Black seed oil, for its thymoquinone and rich healing fraction.



formula #1 ~ meadowfoam & baobab

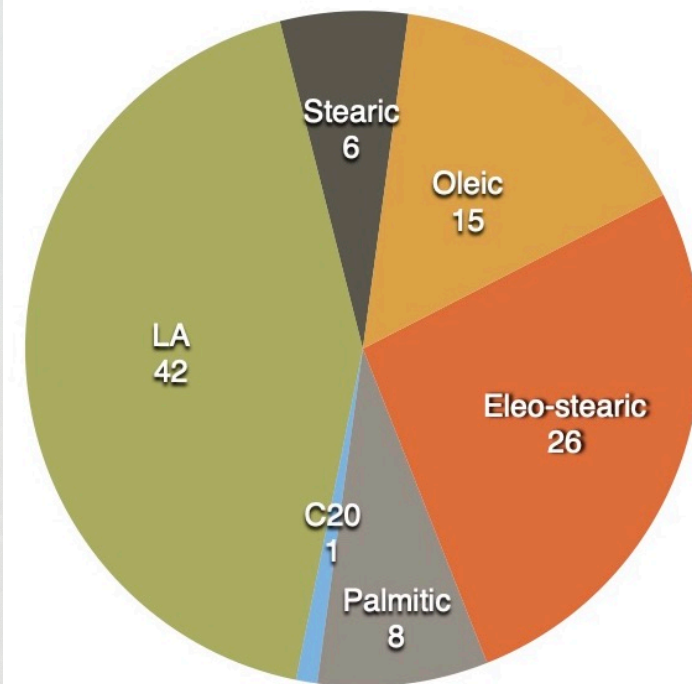
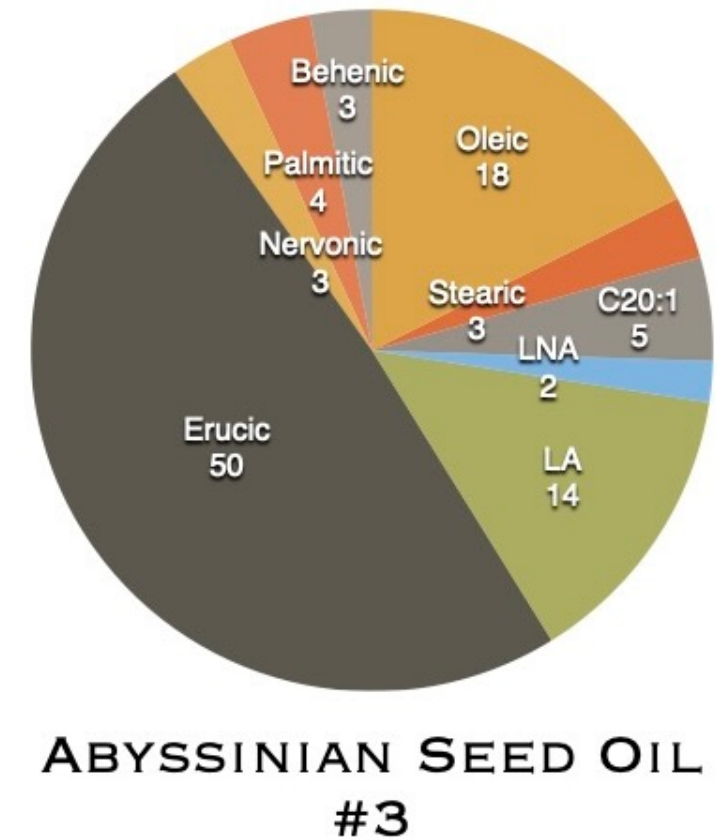
Ingredient	%	mL (for 100 mL batch)	oz (for 100 mL $\approx$ 3.4 oz batch)	Key Functions
Meadowfoam seed oil	50 %	50 mL	1.70 oz	Long-chain C20–C22 fatty acids create a stable, moisture-retaining film; extremely oxidation-resistant
Baobab seed oil	35 %	35 mL	1.19 oz	Adds palmitic (softness), oleic (supple feel), and linoleic (acid-mantle support)
Nigella sativa (black cumin) seed oil	15 %	15 mL	0.51 oz	Provides thymoquinone, nigellone, sterols, and healing terpenoids; anti-inflammatory and antimicrobial

formula #2

When we combine Abyssinian seed oil, we get an occlusive layer from the Erucic C22:2 acid and the conjugated eleo-stearic acid of the Manketti oil.

This combination provides a strong occlusive barrier and a good amount of linoleic acid, which supports the ceramide structure of the stratum corneum.

I've combined these with borage seed oil to provide anti-inflammatory GLA (gamma-linolenic acid) to help control redness that can come with extremes in skin.



formula #2 ~ Abyssinian & manketti

Ingredient	%	mL (for 100 mL batch)	fl oz ($\approx$ 3.4 oz total)	Key Contributions
Abyssinian Seed Oil (Crambe abyssinica)	50 %	50 mL	1.70 fl oz	High in erucic acid (C22:1) ; smooth, velvety, highly stable occlusive base.
Manketti (Mongongo) Seed Oil	35 %	35 mL	1.19 fl oz	Contains eleostearic acid (conjugated C18:3) + linoleic acid ; enhances elasticity and provides antioxidant resilience.
Borage Seed Oil	15 %	15 mL	0.51 fl oz	Delivers gamma-linolenic acid (GLA, C18:3 n-6) ; calms inflammation, redness, and supports barrier lipid renewal.

formula #3

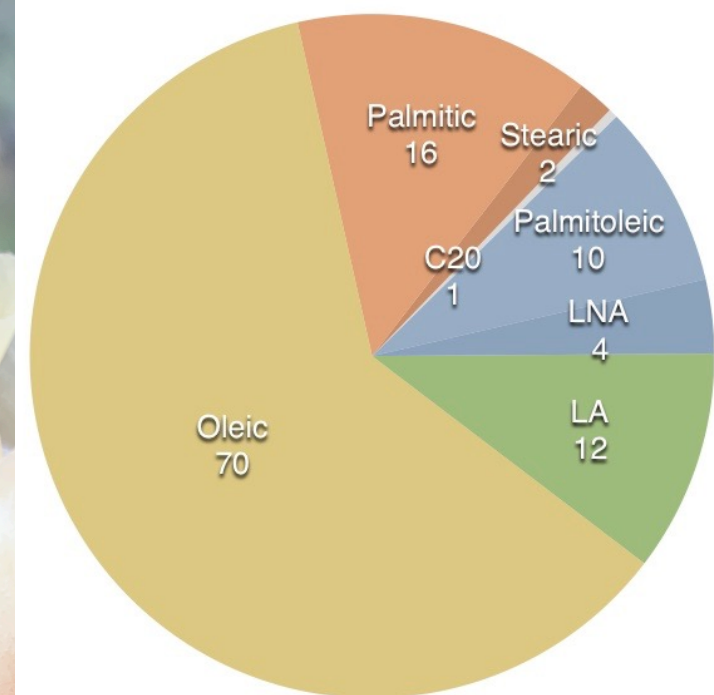
This combination is oleic acid-dominant, a good choice for milder weather where you still need protection.

Avocado oil and Pracaxi oil create a formula with additional significant fatty acids.

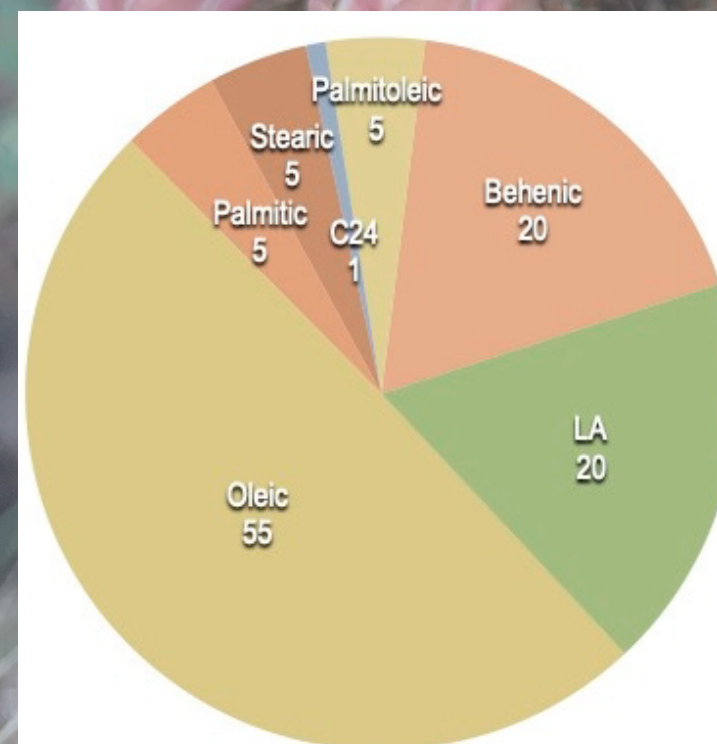
Occlusive properties in the Behenic, a C22 saturated fatty acid, and Palmitoleic acid in both oils, support the skin's innate fatty acids, while Linoleic acid supports the barrier function.

Pracaxi oil can solidify in winter, so avocado oil at 50% or more will keep this formula liquid and still able to protect the skin.

Prickly pear seed oil will deliver vitamin E, and beneficial fatty acids.



AVOCADO OIL



PRACAXI OIL

formula #3 ~ avocado & pracaxi

Ingredient	%	mL (for 100 mL batch)	fl oz ($\approx$ 3.4 oz total)	Key Functions
Avocado Oil	55 %	55 mL	1.86 fl oz	Provides oleic and palmitoleic acids that mirror the skin's natural lipids; keeps the blend fluid.
Pracaxi Oil	35 %	35 mL	1.19 fl oz	Adds behenic (C22) , oleic , and linoleic acids ; gives body and long-lasting occlusion.
Prickly Pear Seed Oil	10 %	10 mL	0.34 fl oz	Lightens texture and contributes vitamin E and additional linoleic acid for barrier balance.

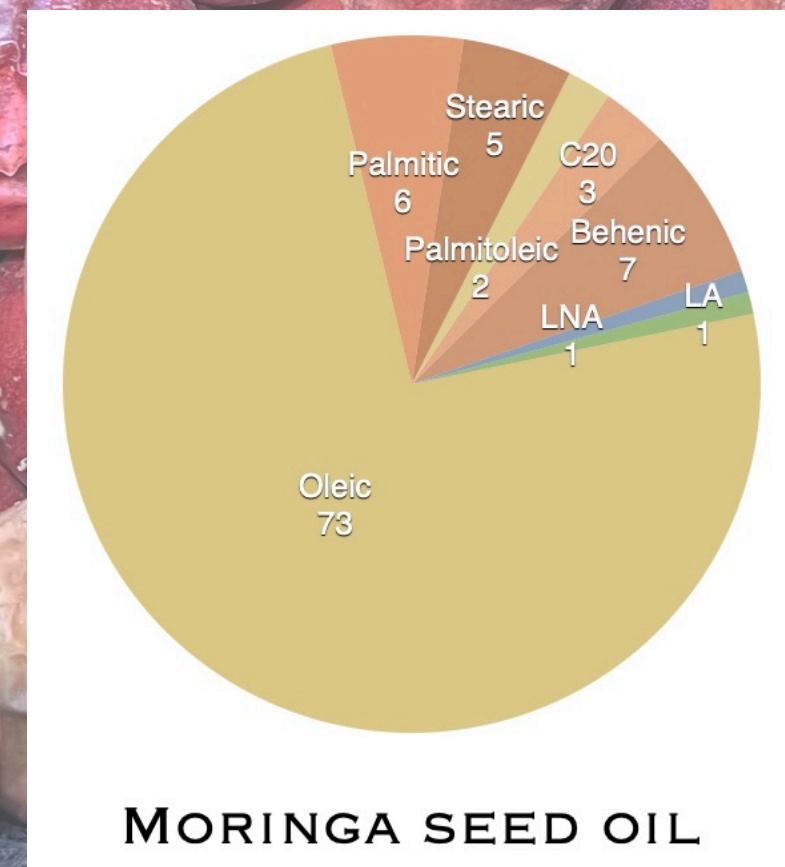
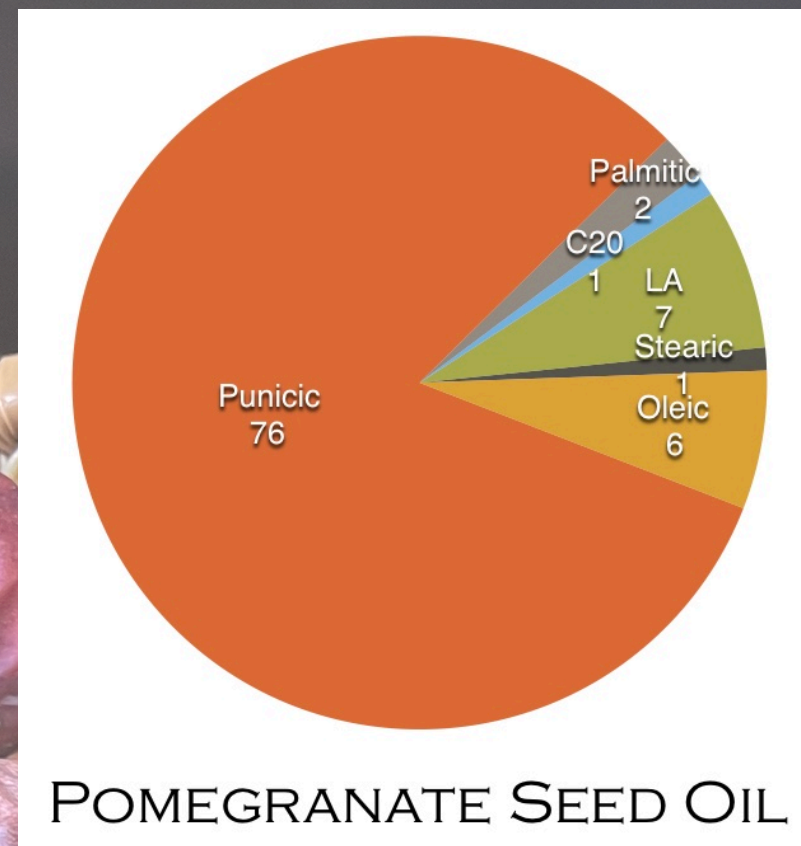
formula #4

Pomegranate seed oil contains its own fatty acid, punicic acid, which gives it a dark orange color, so there is no comparable pie chart.

It is over 75% a unique fatty acid that is unsaturated yet feels thick and protective.

Moringa balances the thick, viscous feel of pomegranate seed oil with oleic acid, along with smaller amounts of saturated fatty acids.

These oils, however, are very low in linoleic acid, so adding 5-10% passion fruit seed oil will balance out that deficiency in the combination.



formula #4 ~ pomegranate & moringa

Ingredient	%	mL (for 100 mL batch)	fl oz (≈ 3.4 oz total)	Key Functions
Pomegranate Seed Oil	60 %	60 mL	2.03 fl oz	~75 % punicic acid (C18:3 conjugated) — thick, protective, promotes collagen renewal and elasticity
Moringa Seed Oil	30 %	30 mL	1.01 fl oz	~70 % oleic acid — balances viscosity, improves spreadability, adds antioxidant and stability
Passion Fruit (Maracuja) Seed Oil	10 %	10 mL	0.34 fl oz	~70 % linoleic acid — supports barrier lipids, lightens feel, delivers essential fatty-acid balance

formula #5

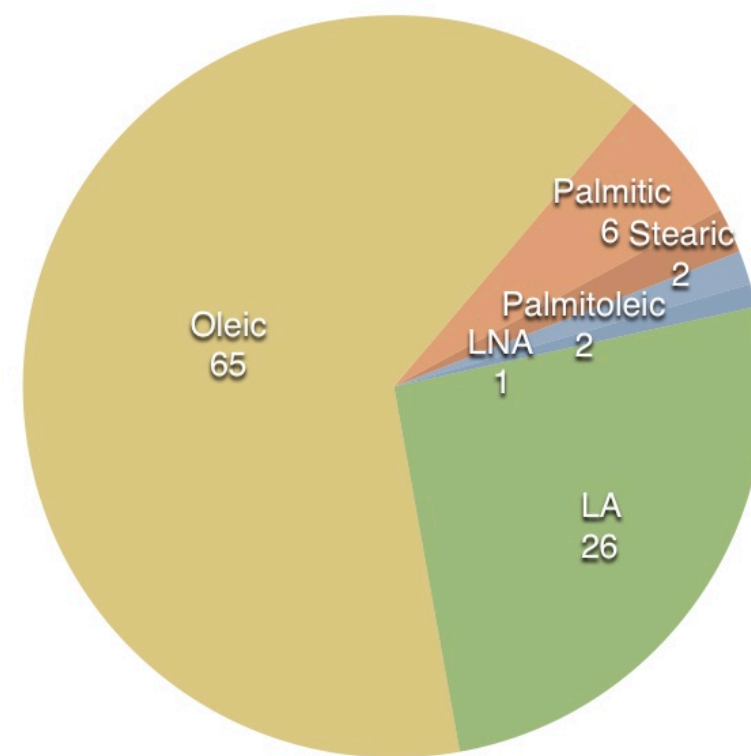
Ghee's predominantly saturated profile offers an interesting range of unusual fatty acids in a single fat.

But, being mostly solid, if soft, it needs to be no more than 15% combined with apricot kernel oil to create a liquid formula.

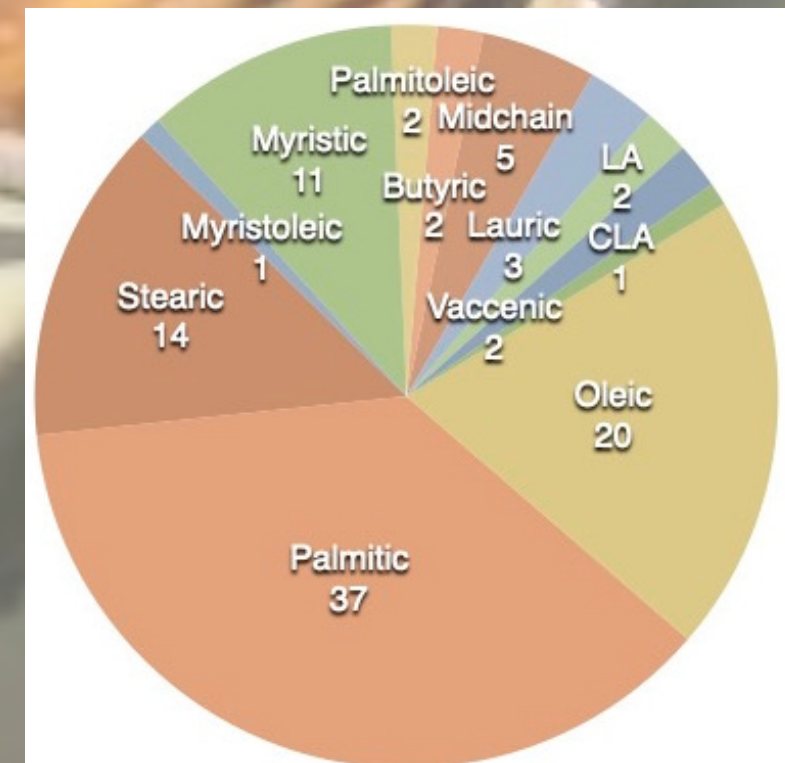
The apricot and ghee will deliver sufficient oleic acid and saturated fatty acids.

To give this combination 20+ carbon chains, jojoba oil can provide them and help keep the final formula liquid.

The skin will do well with these oils. Adjust the ghee percentage to keep the final combination liquid. The final may need a note to shake well before use.



APRICOT KERNEL OIL



GHEE

formula #5 ~ Ghee & apricot kernel

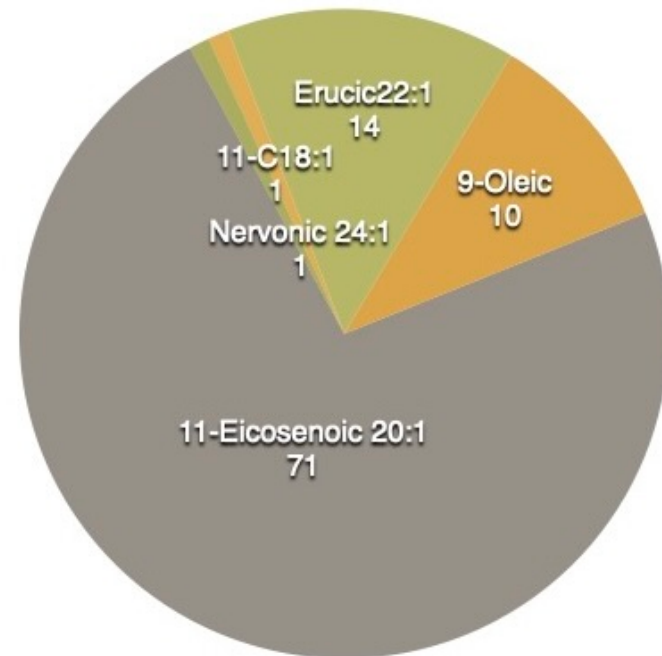
Ingredient	%	mL (for 100 mL batch)	fl oz (≈ 3.4 oz total)	Key Contributions
Ghee (clarified butter)	15 %	15 mL	0.51 fl oz	Saturated short- and medium-chain fats; deeply emollient, strengthening to the lipid barrier.
Apricot Kernel Oil	55 %	55 mL	1.86 fl oz	~65 % oleic acid; soft, light, and soothing—balances ghee's heavier texture.
Jojoba Oil	30 %	30 mL	1.02 fl oz	Long-chain (C20–C22) wax esters; provides slip, oxidative stability, and maintains a liquid consistency.

formula #6

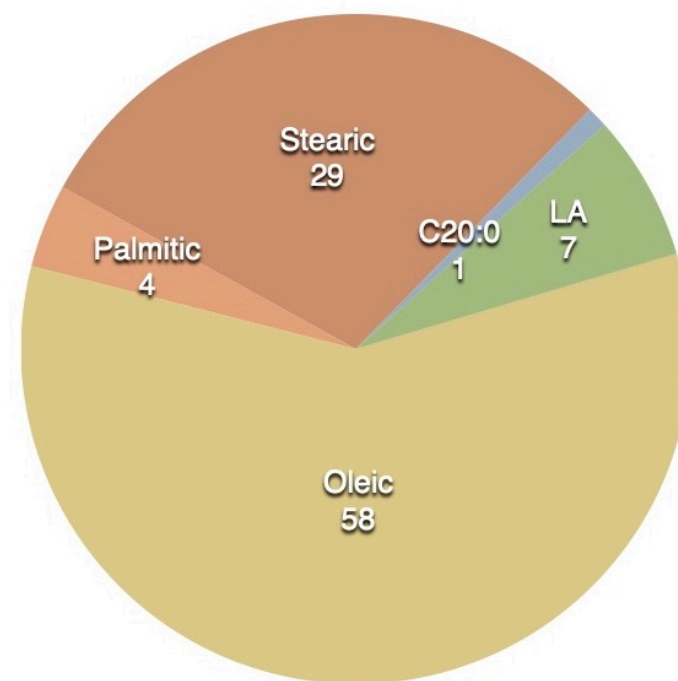
Jojoba oil and Shea Nilotica, a liquid oil/wax, and soft saturated butter, so that the Jojoba will be the greater part of the base formula.

The very-long carbon chains of Jojoba will give the oil occlusive protection and a generous healing fraction, so the combination remains liquid.

A third oil could deliver a generous linoleic acid percentage to complement the saturation in shea and the 20+ in Jojoba; passion fruit and cucumber are two suggestions.



JOJOBA OIL



SHEA BUTTER
VAR NILOTICA

formula #6 ~ jojoba & shea butter

Ingredient	%	mL (for 100 mL batch)	fl oz (≈ 3.4 oz total)	Key Contributions
Jojoba Oil	60 %	60 mL	2.03 fl oz	Long-chain wax esters (C20 – C22) provide occlusive protection, sebum mimicry, and oxidative stability.
Shea Butter var. Nilotica	25 %	25 mL (≈ 23–25 g soft butter)	0.85 fl oz	Soft, low-melting saturated butter; supplies stearic + palmitic acids for body and cushion.
Passion Fruit (Maracuja) or Cucumber Seed Oil	15 %	15 mL	0.51 fl oz	Rich in linoleic acid (≈ 70 %) ; supports the barrier, improves fluidity, and balances saturation.

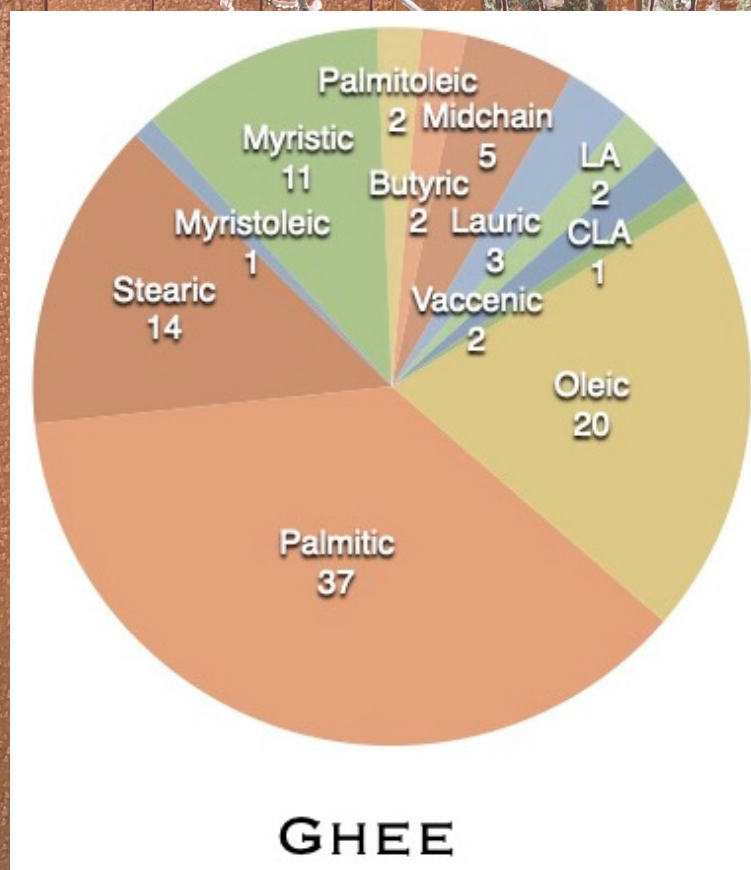
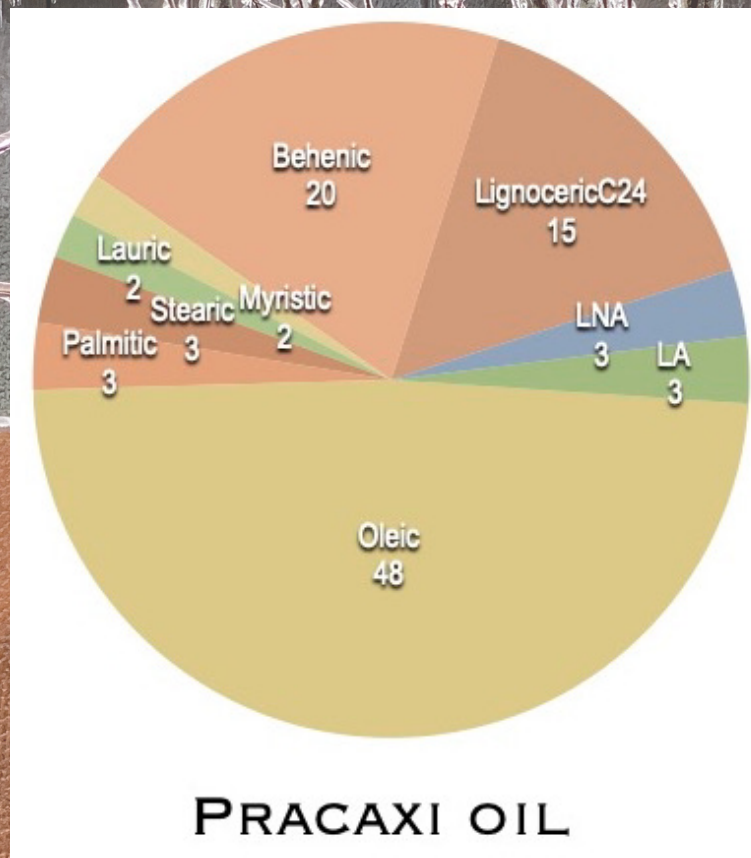
formula #7

Initially, I was intrigued by the fatty acid profiles of Ghee and Pracaxi to see what each offered the skin.

Ghee still takes the top spot for complexity, but pracaxi is pretty diverse too.

Because most pracaxi oils become solid at cool temperatures due to their behenic acids, additional 20+ carbon chains, and saturated fatty acids, this combination can be the basis for a solid balm.

Adding wax, another butter, such as murumuru, or tallow to these will provide very protective protection in the most extreme conditions.



formula #7 ~ a solid balm

Ingredient	%	mL (for 100 mL batch)	fl oz ($\approx$ 3.4 oz total)	Key Contributions
Ghee (clarified butter)	35 %	35 mL ($\approx$ 32 g)	1.19 fl oz	Complex saturated and short-chain fatty acids; rich nourishment, soft occlusion.
Pracaxi Oil	35 %	35 mL	1.19 fl oz	Behenic (C22) and oleic acids; long-lasting protection and barrier reinforcement.
Murumuru Butter	20 %	20 mL ($\approx$ 18–20 g)	0.68 fl oz	Adds firmness, rich in lauric + myristic acids; gives smooth glide.
Beeswax (yellow or white)	10 %	10 mL ($\approx$ 9–10 g)	0.34 fl oz	Provides structure, locks in moisture, keeps balm solid yet soft.



winter protective body oil

This is a liquid variation on formula #7 taking the advantage of the complexity of ghee, and protection of pracaxi oil.

Using a liquid oil at 70 to 75% will carry the saturated fatty acids in the other two oils. A high oleic acid oil like camellia, or grapeseed, will keep the formula liquid and add protection.

The bottle may need to be shaken if stored in cold temperatures.

15% ghee (18ml)

15% pracaxi (18ml)

70% grapeseed oil (84ml)

In a four ounce bottle



winter body oil

Ingredient	%	mL (for 120 mL batch $\approx$ 4 oz bottle)	fl oz	Key Contributions
Ghee (clarified butter)	15 %	18 mL	0.61 fl oz	Rich in short- and medium-chain saturated fats; deeply nourishing and softening.
Pracaxi Oil	15 %	18 mL	0.61 fl oz	Contains Behenic (C22) and Oleic acids; enhances smoothness and long-lasting moisture.
**Grapeseed Oil (or <i>Camellia</i>) **	70 %	84 mL	2.85 fl oz	Lightweight, high in Linoleic or Oleic acid (depending on choice); improves spread and keeps blend liquid.

tools and equipment

Combining oils is pretty straightforward; using a scale with a TARE function will make measurements simple and accurate and cumulative.

For the solid fats, melt them gently and add the liquid oils so they combine thoroughly.

Again, a scale to measure each ingredient and a heavy pan to heat gently will give you a good result.



combining solid & liquid

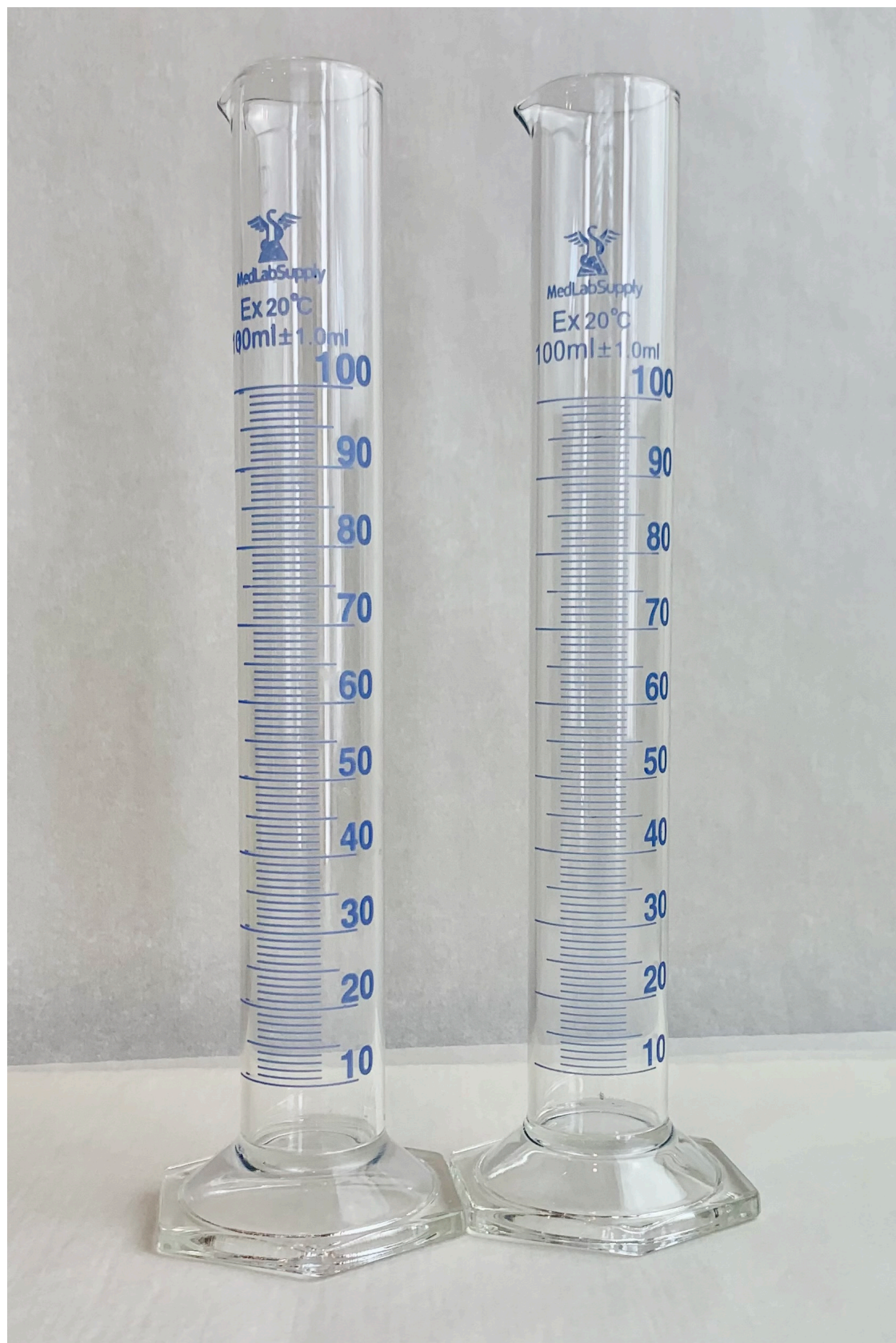
Gently warm the ghee or shea or other butter (~35–40 °C / 95–104 °F) until fully liquid.

Add your liquid oils; stir or swirl until uniformly melted and combined.

An optional suggestion add ≈ 0.2 mL (4 drops) mixed tocopherols (0.2 %) for antioxidant stability.

Bottle in glass; label “Shake gently before use” as some settling of the saturated fatty acids may occur when cool.





stay warm, and protected..

Keep warm and protected out there!

Oils are your friends when the temperatures drop!

Thank you for joining me!

