OY-L™



HEAL YOUR SKIN

A GUIDE TO COMEDOGENIC OIL RATINGS

learn what works for your skin and why

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OILS ON OILS

These days oils are all the rage.

Oil in food, oil on your body, oil on your face.
Sustainable oils, harmful oils,
comedogenic oils, non-comedogenic oils...

We get it. It's overwhelming.

So how do you know which oils are actually good for you, when it comes to skincare?

We want to help educate you so you can make informed choices about the products and brands you support.

Empower yourself with the knowledge to fuel your decisions, especially when it comes to skincare.

And we hope you'll see, at OY-L, the health of our customers is always our first priority. That's why we offer a line of clean, all-natural products, powered by nature to bring you **#BeautyWithoutSecret**.

SHOP OY-L



A WORD ABOUT OILS

Oils are a natural component of healthy, thriving skin. Critical, actually. But like almost anything in life, *too much* of a good thing becomes a problem.

There's a commonly accepted myth about treating oily skin with oil.
"Oil will make my skin worse!"

False, my friends.

Oil is actually a powerful tool for combatting oily skin.
The key is to use the right oils.

Ones that have healing properties to bring equilibrium and balance to your skin microbiome. OY-L was founded with the intention of using oil (*OY-L, if you will*) as its base. Creating oil-based products not only gives you more value for your money, but it eliminates the need for preservatives.

Not sure where to start with oils? Toss the water-based products – you're about to see why oil is your new best friend for your skin!



COMEDOGENIC - WHAT DOES IT MEAN?

Comedogenic is a term used to indicate the likelihood of a product clogging pores in the skin. Unfortunately, there is no set standard or ruling from the FDA. However, generally, the lower the comedogenic rating, the better it is for your skin – **particularly your face**.

At OY-L we create products that are intentionally **NON-comedogenic**. We've spent hours researching, testing, and learning which oils are truly non-comedogenic. This means our products are only created with ingredients that pair well with the oils on your skin, and will not cause breakouts. We don't take chances.

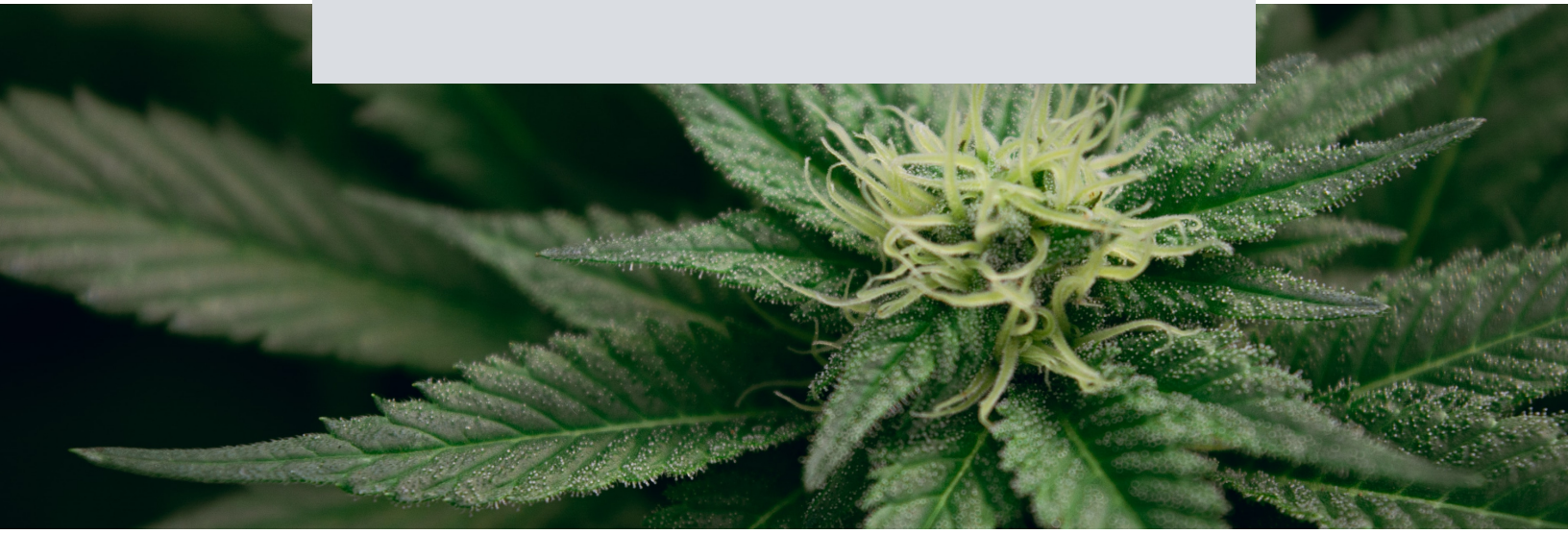
The rating system is on a scale, of 1-5 how likely it is to clog pores:

0 - will not clog pores
1 - extremely low risk
2 - moderately low risk
3 - moderate risk
4 - high risk
5 - extreme risk

To be fair, just because a product is rated as comedogenic, doesn't mean you will have clogged pores as a result. It just indicates that the chances are much higher. *There are a lot of factors that play into what works well with your skin – pore size, skin type, acne-prone tendencies, etc.*

Ready to dive in? Let's take a look at some of the most popular oils, from least comedogenic to most comedogenic.

HEMP SEED OIL



COMEDOGENIC RATING: 0

Hemp seed oil is our holy grail and one of the 4 core ingredients OY-L uses.

FUN FACT: Hemp seed oil is not CBD Oil. It contains no THC. CBD Oil comes from the leaves and flowers of the hemp plant - hemp seed oil comes from the seed.

SOURCE: Cold-extracted from the seeds of the hemp plant (*Cannabis satvia*) originating in Asia

COMMON USES:

- Treating eczema, dermatitis, psoriasis, varicose eczema, lichen planus (an inflammatory skin condition), and acne rosacea
- Foundation for skincare, as it is non-comedogenic and full of nutrients
- Supplemental uses for various health concerns
- Nutritional recipes for metabolizing fat

BENEFITS:

- Soothing for inflammation in and outside the body
- Oil regulating for sebum production
- Provides protection from oxidation and premature aging
- Supports brain & heart health when taken as a supplement
- Improves gastrointestinal issues and constipation

RED RASPBERRY OIL



COMEDOGENIC RATING: 0

FUN FACT: Red raspberries are known by some as "Mother Nature's sunscreen". **We wish we could tell you this can replace your daily sunscreen, but unfortunately it doesn't provide full-spectrum sun protection.*

SOURCE: Cold-extracted from the seeds of red raspberries (*Rubus idaeus*) that grow in Northern Europe, the United States, and Canada

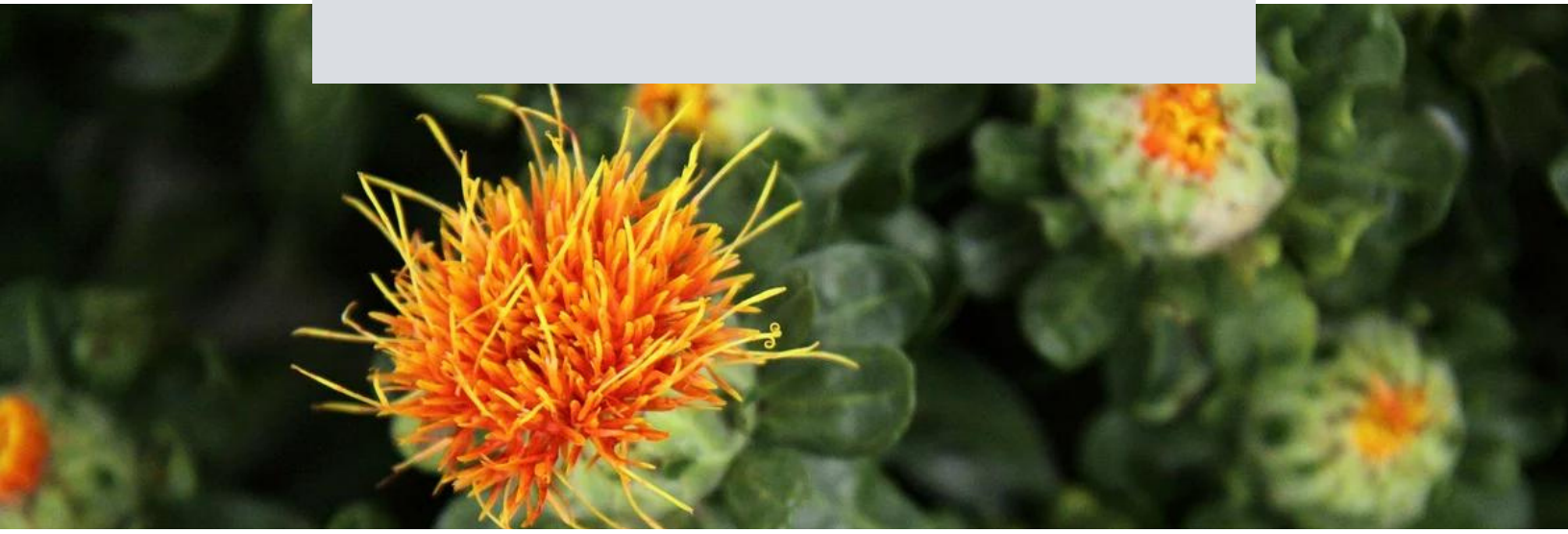
COMMON USES:

- Lip Balm
- Sunscreen component
- Skincare formulations
- Natural Preservative (due to high antioxidant content)
- Carrier Oil
- Hair Conditioning

BENEFITS:

- Quickly absorbs since it is a dry oil
- Contains essential nutrients, antioxidants, and fatty acids for skin health
- Highly moisturizing capabilities
- Anti-inflammatory properties make it an effective treatment for several skin conditions including eczema and psoriasis
- Repairs skin damage
- Helps prevent wrinkles and premature aging

SAFFLOWER OIL



COMEDOGENIC RATING: 0

FUN FACT: The flowers of safflower plants were used to dye clothing in Ancient Egypt.

SOURCE: Cold-pressed from the seeds of the safflower plant (*Carthamus tinctorius*) which are native to Asia

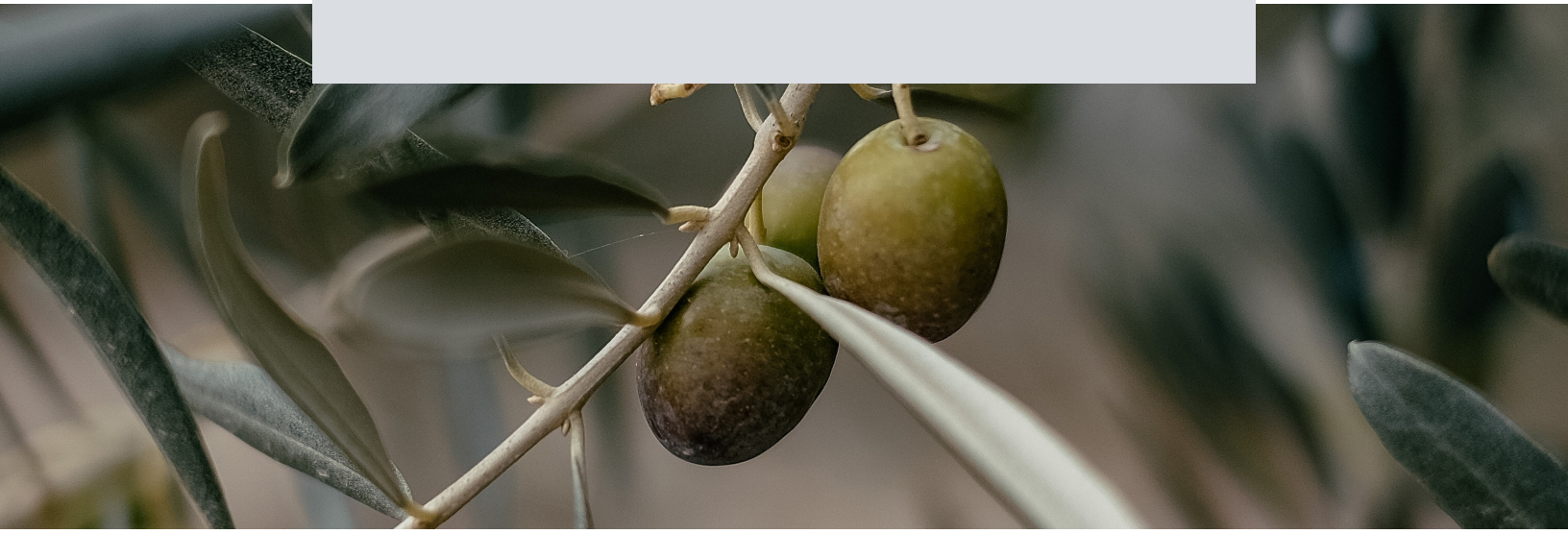
COMMON USES:

- Weight loss supplements
- Skincare products
- Cooking (in place of butter or hydrogenated oils)
- Replacement for an expensive herb, saffron
- Carrier oil for cosmetics or aromatherapy

BENEFITS:

- Pain-relieving, anti-inflammatory, and antioxidant qualities treat acne
- Protects the skin from free radicals
- Rich in "good fats" essential for the health of the body and skin
- Helps create a moisturized, smooth skin texture
- High smoke point and neutral flavor make it ideal for cooking
- Can improve blood sugar, cholesterol, and inflammation
- Essential fatty acids help maintain strong structural integrity in the skin

SQUALANE OIL



COMEDOGENIC RATING: 0-1

TIP: Be careful where your squalane comes from – unfortunately, some squalane is sourced from the liver of deep ocean sharks. Sharks are a crucial part of the ocean ecosystem; protect our sharks and only use squalane that is plant-derived!

SOURCE: Harvested from olives that grow on an olive tree (*Olea europaea*) in many parts of the world

COMMON USES:

- Skincare products – moisturizes and softens
- Haircare – boosts shine and defends against breakage

BENEFITS:

- Shelf-stable since it's not subject to oxidization
- Reduces fine lines and dry patches
- Compatible with acne-prone or oily skin
- A natural source of antioxidants
- Very effective for softening skin
- Helps boost collagen production for firm skin
- Can penetrate pores and heal at a cellular level
- Anti-Inflammatory properties reduce redness and swelling

HAZELNUT OIL



COMEDOGENIC RATING: 0-1

TIP: Hazelnut oil is great at removing makeup!

SOURCE: Pressed from hazelnuts grown in a hazelnut tree or shrub (*Corylus avellana* is the most common) in the temperate Northern Hemisphere

COMMON USES:

- Carrier oil for essential oils and massage blends
- Cooking, salad dressings
- Alcohol-free astringent for sensitive skin
- Base for homemade lotions or creams

BENEFITS:

- Protects the skin against sun damage
- Loaded with nourishing vitamins and essential fatty acids
- Increases hydration in the skin barrier and prevents drying
- Boosts collagen production
- Reduces the appearance of scars and aids healing
- Aids in diminishing hyperpigmentation
- Provides added protection from harmful UV rays
- Anti-bacterial properties protect and cleanse the skin
- Very calming, ideal for sensitive skin

SACHA INCHI OIL



COMEDOGENIC RATING: 0-1

FUN FACT: The Sacha inchi contains some of the richest omega fatty acid content of any plant variety.

SOURCE: Cold-pressed from the seeds of an Amazon plant (*Plukenetia volubilis*)

COMMON USES:

- Cosmetics for skincare
- Haircare products for detangling and moisturizing
- Consumed roasted for health benefits
- Protein source in vegan protein shakes or diets
- Cooking Oil

BENEFITS:

- Reduces pore size in the skin for a smoother, clearer complexion
- Absorbs easily into the skin and hair
- Reduces the appearance of fine lines and wrinkles
- Can aid weight loss when taken as a supplement
- Can help fight depression
- Regulates oil production and locks moisture into the skin
- Soothes inflammation and irritation

SEA BUCKTHORN OIL



COMEDOGENIC RATING: 0-1

FUN FACT: Sea Buckthorn contains the third-highest source of vitamin E in the plant world.

SOURCE: Extracted from the berries, leaves, and seeds of the sea buckthorn plant (*Hippophae rhamnoides*), a shrub that grows in the Himalayan region in high altitudes

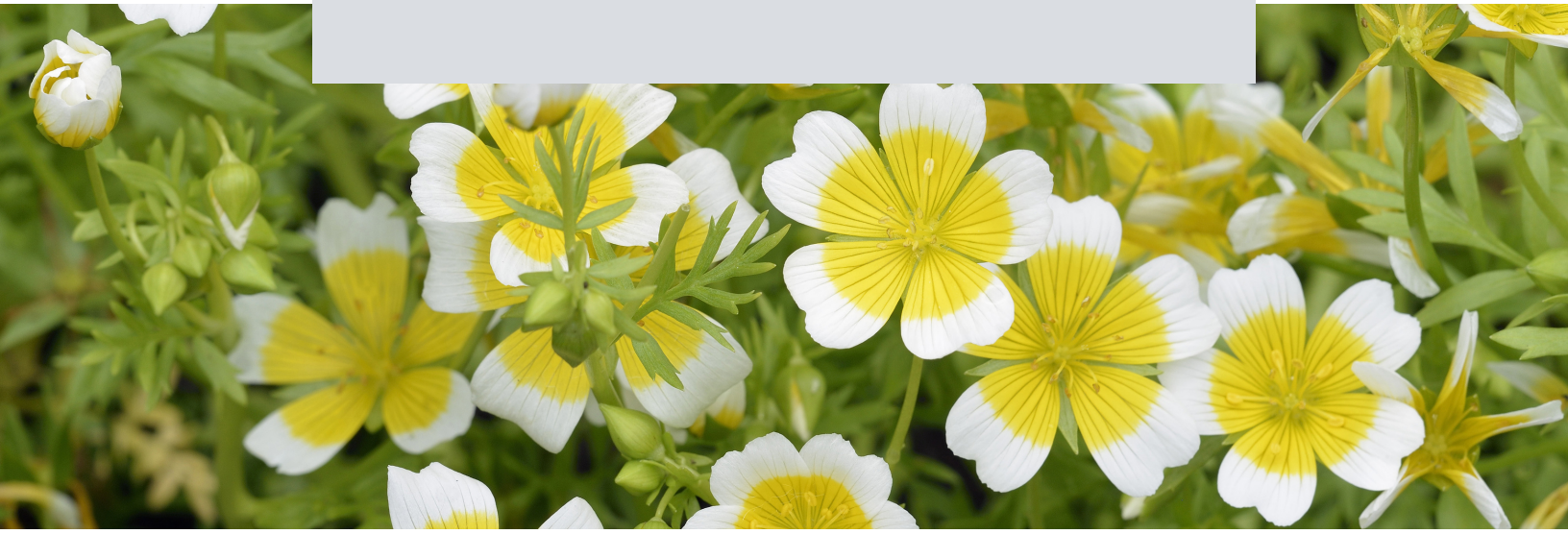
COMMON USES:

- Component in natural sunscreen
- Making jelly, juice, puree, and sauces for cooking
- Treating sunburns and sun damage
- Anti-aging component in cosmetic products

BENEFITS:

- Full of antioxidants, minerals, and vitamins for optimal health
- Improves heart health in a variety of ways when taken as a supplement
- Heals wounds and aids skin regeneration
- Protects the skin against sun damage and age spots
- Promotes skin elasticity and moisture retention
- Treats acne, eczema, dermatitis, and dry skin
- Deeply hydrates due to the presence of all 4 omega fatty acids
- Provides protection against free radicals and signs of aging

MEADOWFOAM OIL



COMEDOGENIC RATING: 1

FUN FACT: Meadowfoam has a very unique texture some would describe as "velvety". Its consistency is similar to the sebum our skin naturally produces.

SOURCE: Extracted from the seeds of the meadowfoam plant (*Limnanthes alba*) that are native to Oregon, California, and Western Canada

COMMON USES:

- Skincare products – prized for its stable shelf life
- Haircare products
- Conditioner for locking in moisture and detangling, smoothing, and color protection

BENEFITS:

- Provides moisture without a greasy residue
- Locks moisture into skin or hair with a protective barrier
- Smooths texture and firmness of the skin
- Provides added protection against UVB Rays
- Fights free radicals and premature aging
- Soothes inflammation and acne-prone skin
- Diminishes fine lines, wrinkles, and creases with high antioxidant content

GRAPESEED OIL



COMEDOGENIC RATING: 1

TIP: Grapeseed oil is often processed with chemicals. Make sure to choose cold-pressed or expeller-pressed.

SOURCE: Extracted from the seeds of grapes (*Vitis vinifera*) after pressing for wine

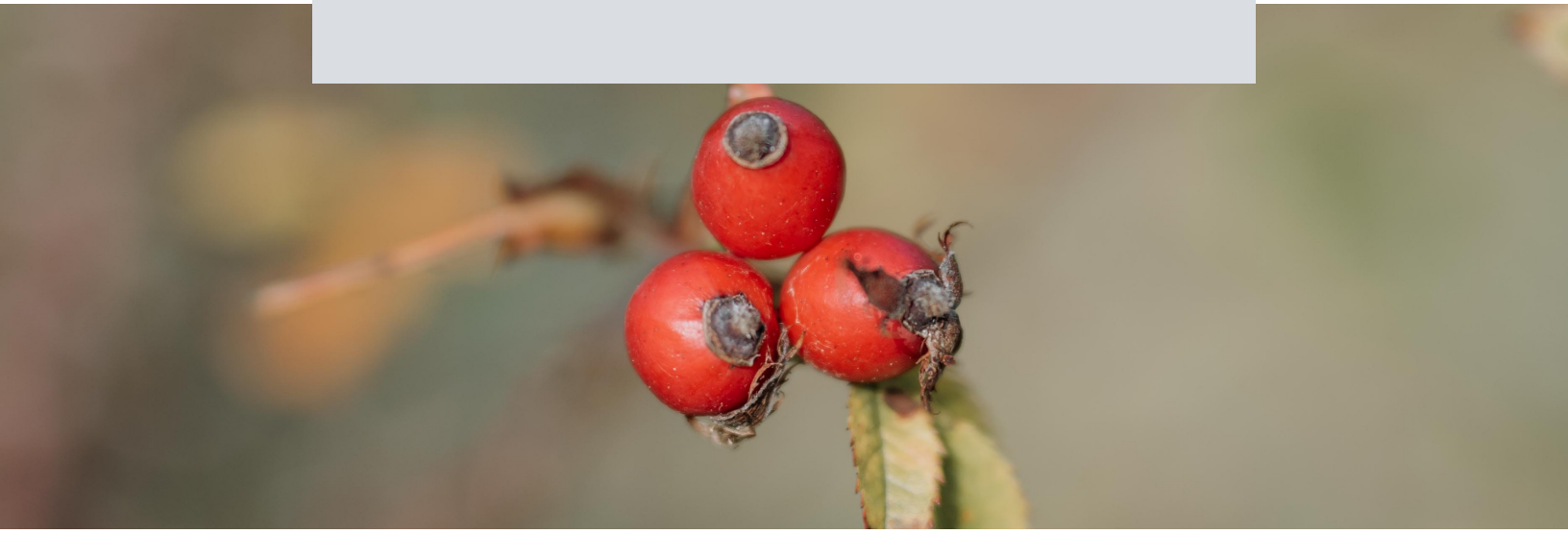
COMMON USES:

- A healthier alternative to vegetable oil for cooking
- Carrier oil for massage therapy or aromatherapy
- Haircare
- Skincare base
- Dandruff care
- Treating baldness and encouraging hair growth

BENEFITS:

- Reduces cholesterol and risk of heart disease
- Protects cells from damaging effects of free radicals
- Powerful anti-wrinkle agent
- Prevents premature aging, dry skin, and discoloration
- Protects and maintains a healthy skin barrier
- Reduces inflammation on the skin's surface
- Absorbs quickly into the skin for deep moisture without residue
- Neutral flavor profile ideal for cooking

ROSEHIP OIL



COMEDOGENIC RATING: 1

FUN FACT: Duchess Kate Middleton swears by rosehip oil for her glowing skin and uses it daily as part of her skincare routine.

SOURCE: Extracted from the seeds of the rose bush (*Rosa canina*) native to Chile

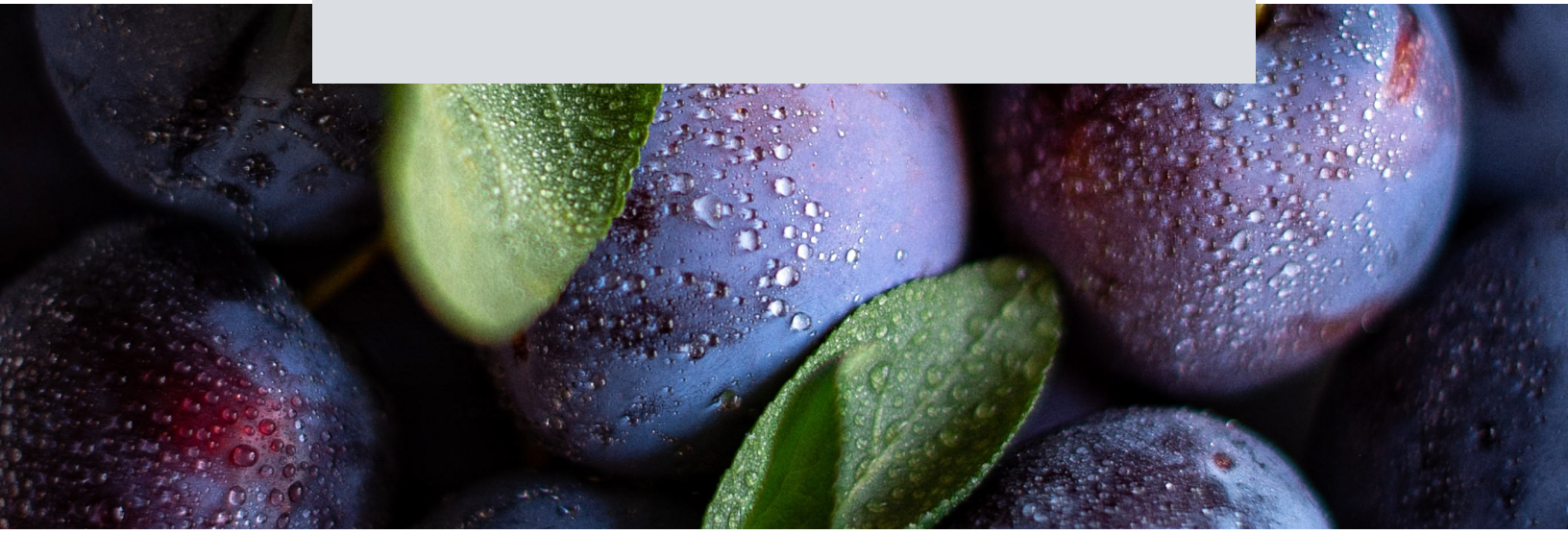
COMMON USES:

- Component of skincare products
- Direct oil application to the skin for healing benefits
- Oil supplements for various ailments
- Carrier oil or massage oil

BENEFITS:

- Ultra-hydrating, soothes and nourishes the skin
- Full of antioxidants and healthy fatty acids
- Easily absorbs into the skin
- Heals dry patches and maintains skin barrier
- Provides protection against fine lines and wrinkles
- Helps reduce redness and inflammation associated with acne
- Fades scarring and pigmentation
- Extremely mild, perfect for sensitive skin
- Assists in collagen production
- Brightens and evens skin tone

PLUM OIL



COMEDOGENIC RATING: 1-2

FUN FACT: Plum oil contains 8x more antioxidants than argan oil.

SOURCE: Cold-pressed from the seeds of the Ente Plum (*Prunus domestica*) originating from France

COMMON USES:

- Skincare
- Haircare products
- Directly applied to hair for heat protection and shine
- Mixed with moisturizer to protect and boost skin

BENEFITS:

- Heals and hydrates the skin
- Full of antioxidants and beneficial fatty acids
- Reduces swollen, puffy skin and dark spots on the skin
- Powerful protection from free radicals
- Protection from premature aging caused by environmental factors
- Soothes inflammation and irritation in the skin
- Blocks the enzymes that break down collagen and hyaluronic acid in the skin
- Addresses and diminishes hyperpigmentation
- Provides additional protection against harmful UV rays
- High in fiber and heart-healthy components
- Regulates sebum production in the skin

JOJOBA OIL



COMEDOGENIC RATING: 2

FUN FACT: Jojoba oil is actually a waxy substance on a molecular level.

SOURCE: Pressed from the seeds of the jojoba plant (*Simmondsia chinensis*) that grows in the semiarid regions of Mexico and the United States

COMMON USES:

- Skincare
- Haircare products
- Carrier oil for aromatherapy or massage therapy
- Treat and prevent dandruff
- Healing scars

BENEFITS:

- Classified as a humectant – able to lock in moisture
- Antimicrobial and antifungal properties
- Helps fight environmental stressors with antioxidants
- Very mild, suitable for sensitive skin
- Regulates sebum production for balanced oil in the skin
- Boosts collagen production in the skin
- Contains healing properties for wounds
- Anti-inflammatory properties heal irritated or dry, flaky skin
- Provides additional sun protection against harmful rays
- Slows the formation of fine lines and wrinkles, and promotes skin elasticity

OLIVE OIL



COMEDOGENIC RATING: 2

TIP: Olive oil does have impressive healing properties, but be careful with how much is in the formula or product you choose, and whether it will sit on your face or rinse off. *It's better suited for bodycare, not facecare in a lot of cases.*

SOURCE: Pressed from the fruit of the olive tree (*Olea europaea*) that is native to Mediterranean Europe, Asia, and Africa

COMMON USES:

- Cooking and salad dressings
- Creating Soap
- Skin moisturizing

BENEFITS:

- Decreases cholesterol levels, blood pressure, and risk of heart disease
- Loaded with antioxidants
- Reduces inflammation in the body
- Provides protection against sun damage
- Protects against environmental damage like oxidation and free radicals
- Anti-inflammatory properties assist in healing wounds

A WORD OF CAUTION:

- Not suitable for acne-prone skin – contains fatty acids that are the food source for bacteria and yeast growth that cause acne
- Presence of oleic acid could worsen dermatitis in the skin

EVENING PRIMROSE OIL



COMEDOGENIC RATING: 2-3

FUN FACT: The yellow flowers of the evening primrose open at sunset and close during the day.

SOURCE: Extracted from the seeds of the evening primrose flower (*Oenothera biennis* is the most common) native to North America

COMMON USES:

- Taken as a supplement to ease PMS and Menopause Symptoms, along with a variety of ailments
- Cosmetics and beauty products, including soap making
- Treating hemorrhoids

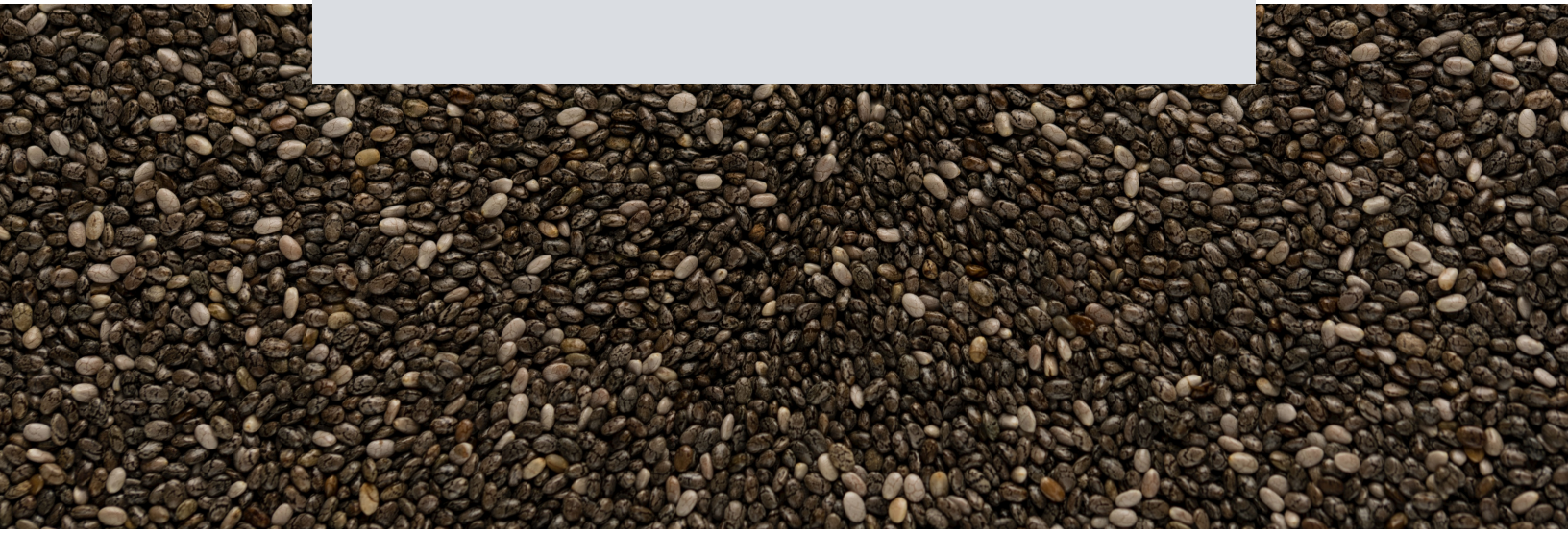
BENEFITS:

- Helps the skin retain moisture effectively
- Reduces inflammation in acne
- Restorative and healing properties are useful for skin concerns like eczema, psoriasis, and dermatitis
- Maintains structural integrity of the skin
- High in beneficial fatty acids for moisturized skin from the inside out

A WORD OF CAUTION:

Can cause upset stomach or headache when taken as a supplement

CHIA SEED OIL



COMEDOGENIC RATING: 3

FUN FACT: Chia seeds contain more calcium than milk!

SOURCE: Pressed from the seeds of the desert plant *Salvia hispanica*, in the mint family

COMMON USES:

- Smoothies and other nutrient-rich foods
- Skincare products
- Haircare products

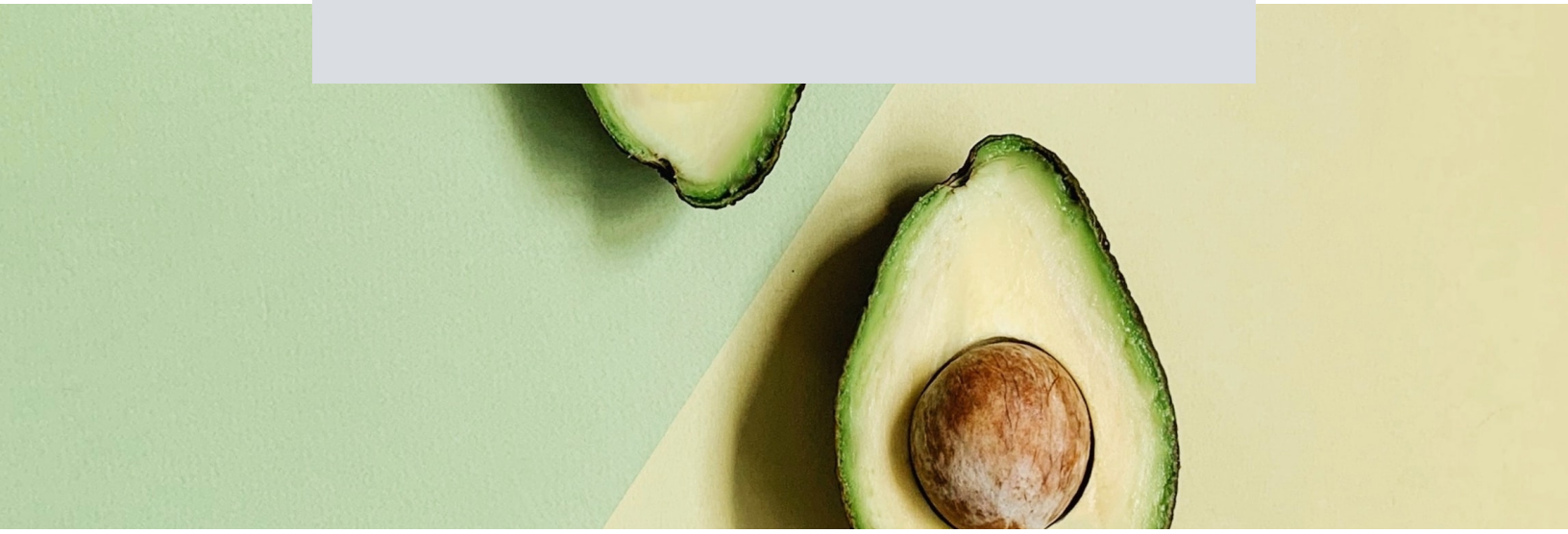
BENEFITS:

- Highly nutritional when consumed as a food
- Supports a healthy skin membrane
- Protects against sun damage and premature aging
- Reduces the appearance of fine lines
- Reduces inflammation in the body and on the skin
- Penetrates the hair shaft to seal in moisture, creating less frizz and smoother texture with a healthy shine
- Can improve heart health and brain health

A WORD OF CAUTION:

Though Chia seed oil is a powerful agent with many proven benefits, it is not suitable for those with oily skin and could clog pores.

AVOCADO OIL



COMEDOGENIC RATING: 3

FUN FACT: Avocados are in the same family as cinnamon.

SOURCE: Pressed from the fruit of the avocado tree (*Persea Americana*) native to Mexico, Central America, and South America

COMMON USES:

- Cooking, as a healthy alternative with a higher smoke point
- Carrier oil for aromatherapy
- Skincare or bodycare

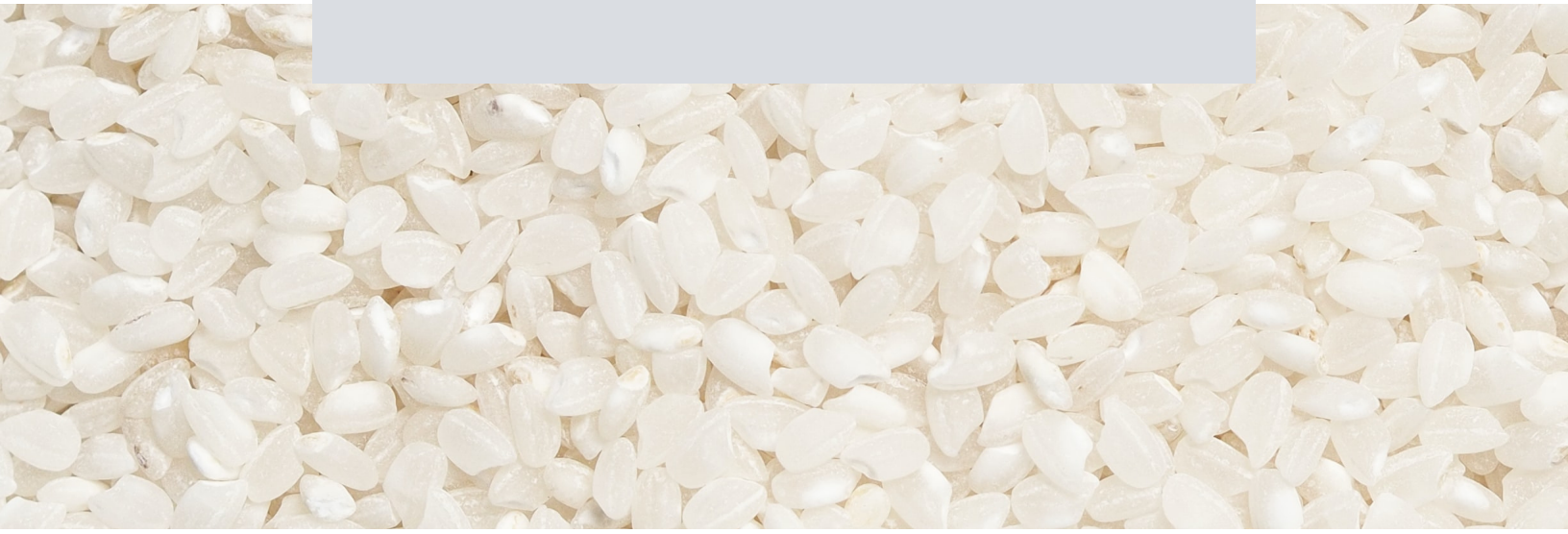
BENEFITS:

- Full of antioxidants, essential fatty acids, minerals, and vitamins
- Anti-inflammatory properties soothe itchy or inflamed skin
- Promotes elasticity and replenishes dry skin
- Provides added protection from harmful UV rays
- May speed up wound healing
- Increases collagen production

A WORD OF CAUTION:

Avocado oil does have great moisturizing and soothing properties for skin, but be careful with how much is in the formula or product you choose for your face. If you have oily skin, there's a moderate risk high content will clog your pores.

SESAME OIL



COMEDOGENIC RATING: 3

FUN FACT: Sesame oil's antibacterial qualities make it an effective alternative for oil pulling if you don't like the taste of coconut.

SOURCE: Pressed from the plant *Sesamum indicum*, native to Africa

COMMON USES:

- Cooking, for flavor
- Taken as a supplement for various health concerns
- Haircare for shiny, strong hair and healthy scalp

BENEFITS:

- High in antioxidants that are crucial to fight free radicals
- Encourages heart health and healthy blood sugar levels
- Aids in healing wounds and burns
- Provides extra protection against harmful UV rays
- Antimicrobial properties protect the skin
- Reduces inflammation and swelling in the skin
- Contains essential fatty acids that keep the skin soft and supple

A WORD OF CAUTION:

Sesame oil is beneficial for the skin, but be careful with how much is in the formula or product you choose for your face. If you have oily skin, there's a moderate risk it will clog your pores. Some say that refined sesame oil is only rated as a 1, but we like to play it safe and say avoid heavy use.

MORINGA OIL



COMEDOGENIC RATING: 3-4

TIP: Make sure moringa oil is cold-pressed and food grade. Some large-scale productions use chemicals in their production and strip the oil of its nutrients.

SOURCE: Derived from the seeds of *Moringa oleifera*, a small tree native to the Himalayan mountains

COMMON USES:

- Cooking
- Taken as a supplement to lower cholesterol
- Massage oil and aromatherapy due to its long shelf life
- Haircare products
- Skincare products

BENEFITS:

- Antioxidant and anti-inflammatory properties may help clear acne
- Antimicrobial properties keep the skin clean
- Reduces fine lines and wrinkles with hydrating properties
- Soothes inflammation in the skin for even tone
- Locks in moisture to protect the skin barrier

A WORD OF CAUTION:

Moringa can be beneficial for acne-prone skin, but we don't recommend it. If you have oily skin, there's a moderately high risk it will clog your pores.

COCONUT OIL



COMEDOGENIC RATING: 4

TIP: If you're using coconut oil, make sure to choose virgin or unrefined - this means the extraction method has left all the nutrients in place and the meat was fresh at the pressing.

SOURCE: Pressed from the meat of the coconut fruit from coconut trees (*Cocos nucifera*) that grow in tropical locations worldwide

COMMON USES:

- Cooking, due to flavor, nutrients, and high smoke point
- Oil pulling to cleanse the mouth of bacteria
- Haircare
- Skincare (which we don't endorse!)
- Removing eye makeup (please don't do this!)

BENEFITS:

- Antioxidant and anti-inflammatory properties
- Deeply hydrates and nourishes the skin and hair
- Treats a variety of skin conditions with soothing and moisturizing properties

A WORD OF CAUTION:

Coconut oil is widely advertised as beneficial for the skin and face, but we don't recommend it for your face. Even if you don't have oily skin, there is a high risk of it clogging your pores. Even though it boasts a long list of benefits for your skin, it's best to stick with coconuts as food or moisture for your body and hair only. We avoid coconut oil on our face at all costs.

SOURCES

We do our research and we give credit where credit's due.

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THANK YOU!

We hope you've enjoyed learning a little bit more about oils.

While we are far from perfect in our own business model, we strive to help educate consumers on the proper uses and applications of oils, especially when it comes to your face.

Mother nature has given us some very powerful resources and we intend to use and steward them well. Just because something is popular in the mainstream media does not mean that it is the solution.

Always do your research, and always ask the important questions. Everyone's body is different, so listen to your body, but don't ignore the evidence!

At OY-L we create products that are formulated to be beneficial and safe for all skin types, regardless of concerns or habits.

SHOP OY-L