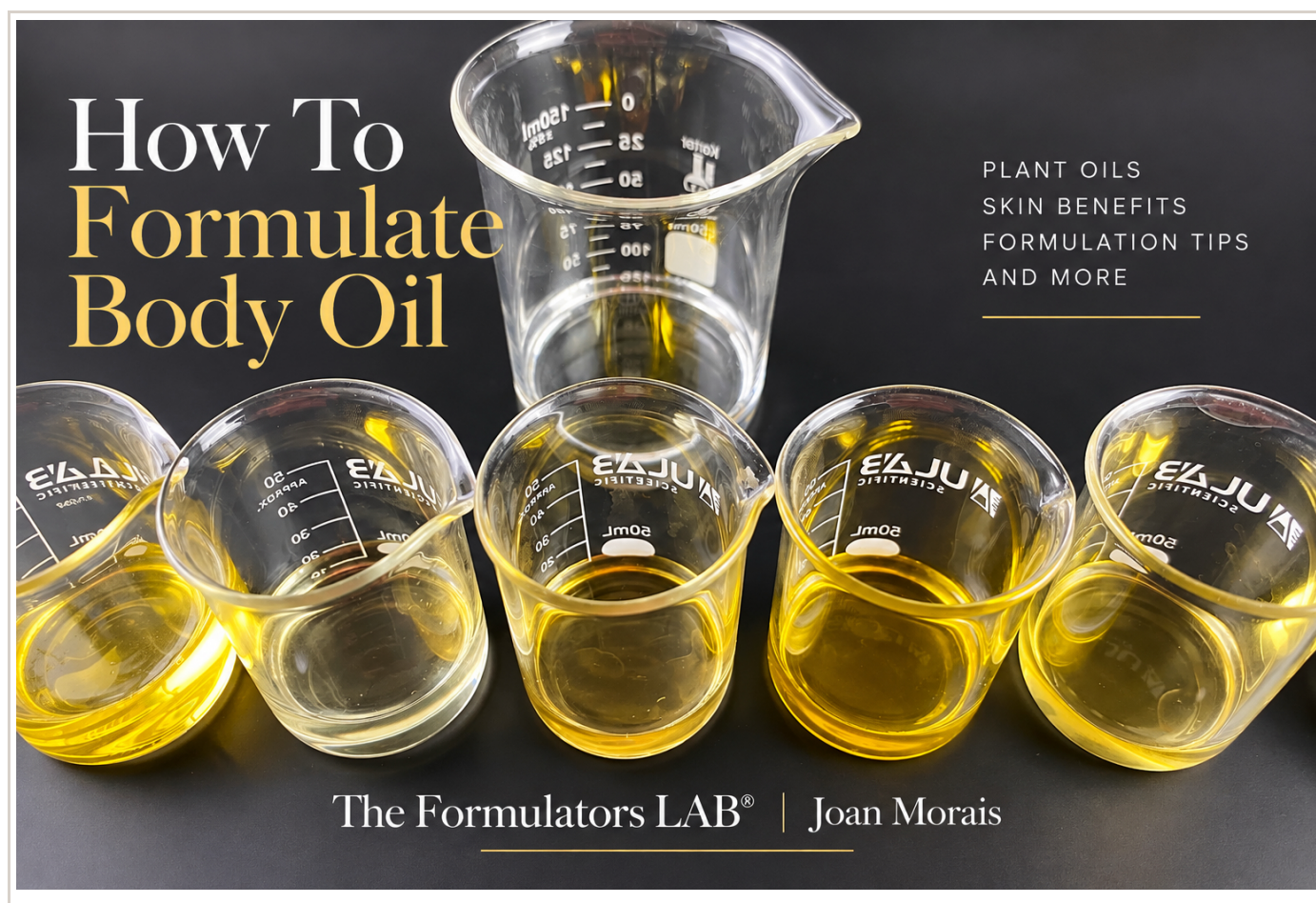


How to Formulate Body Oil

A practical guide to choosing plant oils, sensory emollients, antioxidants + essential oils
by Joan Morais



IN THIS GUIDE

Learn how to choose and combine body-oil ingredients based on skin feel, glow, oxidative stability, cost, and availability - then continue into the Aromatic Body Oil Class for the complete formula and procedure.

Building a Body Oil

Body oil is an anhydrous blend of oils and oil-soluble ingredients designed to soften, smooth, condition, and add radiance to the skin. A professional body oil should also have the right spreadability, absorption, glow, stability, cost, and after-feel for the product you want to create.

Start With the Desired Skin Feel

Before choosing oils, decide whether the finished product should feel lightweight and dry, silky and balanced, rich and nourishing, or luminous with a longer-lasting glow. The sensory goal determines which oils and emollients belong in the formula.

Build With Complementary Oil Categories

- Lightweight base oils provide slip, spreadability, and a less-greasy feel.
- Medium-weight conditioning oils add softness, emolliency, and a balanced skin feel.
- Richer oils increase cushion, substantivity, and a longer-lasting glow.
- Premium botanical oils can add distinctive skin feel, composition, and product positioning.

Consider Cost, Availability + Stability

A beautiful body oil also needs to be practical. Use stable, readily available oils for much of the formula, then add higher-cost botanical oils where they meaningfully improve performance or the product story. Consider oxidative stability, minimum order quantity, supplier consistency, natural odor, and color before finalizing the blend.

JOAN'S FORMULATION NOTE

The best body oil is not the one with the most oils. Start with a stable, practical base and add richer or premium botanical oils only when they improve the skin feel, performance, or product story.

Body Oil Ingredients at a Glance

Use this chart as a quick formulation overview. Exact use levels, sensory properties, stability, and processing depend on the specific commercial grade.

Category	Examples	Why formulators use them
Lightweight Base Oils	Coconut MCT / CCT; High-Oleic Sunflower; High-Oleic Safflower	Spreadability, lighter feel, cost control
Medium-Weight Oils	Sweet Almond; Apricot Kernel; Rice Bran; Sesame	Softness, conditioning, balanced skin feel
Richer / Substantive Oils	Avocado; Jojoba; Meadowfoam; Baobab	Cushion, substantivity, longer-lasting glow
Premium Botanical Oils	Argan; Camellia; Abyssinian; Rosehip; Cranberry	Distinctive sensory profile, composition + premium positioning
Oxidation-Sensitive Oils	Borage; Evening Primrose; Chia; Raspberry Seed	Use strategically with a stable base + antioxidant support
Silicone Alternatives	Coco-Caprylate/Caprate; Isoamyl Laurate	Silky slip, faster-feeling dry-down, reduced greasiness
Hemisqualane	C13-15 Alkane / applicable hydrogenated farnesene grade	Very light slip, high spreadability + dry-touch sensory
Antioxidant	Mixed Tocopherols	Helps slow oxidation of susceptible oils

BODY OIL FORMULATION TIP

Use economical, oxidatively stable oils for the foundation of the formula. Add richer or premium botanical oils in purposeful amounts and use lightweight sensory emollients only when they improve the slip, dry-down, or after-feel you want.

How Much Should You Use?

- Lightweight base oils often form approximately 30-60% of a body oil, depending on the desired finish.
- Medium-weight conditioning oils may make up approximately 15-40%; richer oils are often used around 5-20%.
- Premium botanical oils are often used around 2-15% each. Sensory emollients, antioxidants, and essential oils are added according to their function and supplier guidance.

Formulator's Decision Guide

Use this checklist when developing or adjusting a body oil formula.

- Define the desired finish: dry and lightweight, silky and balanced, rich and nourishing, or luminous with lasting glow.
- Choose a practical base using cost, availability, odor, color, and oxidative stability as part of the decision.
- Add medium-weight and richer oils only as needed to build softness, cushion, substantivity, and glow.
- Use premium botanical oils intentionally for a distinctive skin feel, composition, or product story - not simply to lengthen the ingredient list.
- Check the oxidative stability of the complete oil blend and consider mixed tocopherols, appropriate packaging, and storage.
- Verify essential-oil dermal limits, supplier and IFRA guidance where applicable, and evaluate the finished product before making claims.

The Main Takeaway

REMEMBER

Each oil should have a job. Balance lightness, richness, glow, stability, cost, availability, and the product story rather than simply adding more oils.

LEARN MORE

Ready to make a body oil that's already formulated for you? This complete formula includes a beautifully balanced essential oil blend and is simple to make from start to finish. The Aromatic Body Oil Class includes 6 training videos, a detailed class handout with the Aromatic Body Oil formula and procedure, and a certificate upon completion.

Learn more and enroll in the Aromatic Body Oil Class at [JoanMorais.com](https://www.JoanMorais.com).

Educational formulation reference by Joan Morais. Always follow supplier specifications and verify ingredient safety, oxidative stability, packaging compatibility, finished-product performance, and claim substantiation.