

# The Case of the Dry and Drying Oils

When speaking of plant oils, these two phrases can be a point of confusion. It sounds as though it's just two ways of saying the same thing. But they aren't. They mean two very different things. Let's discuss....

To talk about drying oils first, we'll use paint as an example. Oil paint is made from of plant oils that will literally dry over time, like flax seed oil which is the traditional medium used by artists through out history.

Oils that dry can be used for all kinds of industrial uses; paint, and varnishes, binders for hardboard, sealants, plasticizers, linoleum flooring, core oils, coatings and printing ink. These are being replaced with oil-free, synthetic compounds now but, the use of the polyunsaturated plant oils for a multiplicity of uses is vast and ancient.

These are also the oils that are important foods for our diet. The **essential fatty acids**, or **EFA's** are of this group of oils and are important for our health and over all nutrition. When using them for food it is vital that they don't dry and must be fresh and not oxidized to be healthful.

These oils include flax, chia, grape seed, walnut, kiwi, perilla, and sacha inchi seed oils.



**Oxygen** is the determining factor with these oils; for health they need to be FRESH so they can carry oxygen in the body once they are consumed. For paint, we want them to oxidize and dry so that the pigments they are combined with are a permanent record.

## Dry Oils

**Dry oils** on the other hand, feel dry on the skin. They absorb well into the skin's top layers and don't feel oily or greasy. They can also help oily skin by minimizing the over production of natural skin oils and calming down over active sebaceous glands.



What gives these oils the dry feeling are **tannins** and other plant compounds that are tightening and drawing.

Camellia seed oil from the same botanical family that gives us black and green tea is one of the oils that absorb well and are considered dry. Others are hazelnut, grape seed and a variety of tropical butters that go on to the skin and coat it without feeling oily.

For more information on the fixed carrier oils visit me at [susanmaprker.com](http://susanmaprker.com) where we talk all things lipid, oils, butters, waxes, and so much more.