

“6 Incredible Benefits of Sunflower Oil.” *NDTV Food*, 19 July 2018, [food.ndtv.com/food-drinks/6-incredible-benefits-of-sunflower-oil-1636359](http://food.ndtv.com/food-drinks/6-incredible-benefits-of-sunflower-oil-1636359). This source lists the benefits of sunflower seed oil. I found out that this oil is not as greasy as other, so it is superior.

*Brunson, Nikisha* “All Natural Whipped Body Butter Great for Stretch Marks & Moisturizing.” Youtube, 13 Feb 2015, [www.youtube.com/watch?v=SiFEnbAuRO8](http://www.youtube.com/watch?v=SiFEnbAuRO8). This is the video I first learned how to make the lotions from. It is a tutorial. She shows how to get the lotions to a nice consistency every time. She also provides the measurements for each ingredient.

Johnson, Jon. “What Are Essential Oils? Uses and Side Effects.” *Medical News Today*, MediLexicon International, 17 Oct. 2019, [www.medicalnewstoday.com/articles/326732.php#risks](http://www.medicalnewstoday.com/articles/326732.php#risks).

I wanted to make sure all the effects of essential oils were accurate so I researched it. Essential oils are most effective when they are diluted with carrier oils. Carrier oils count as coconut oil, olive oil, sunflower seed oil, and grapeseed oil.

Leonard, Jayne. “4 Olive Oil Benefits for Your Face.” *Medical News Today*, MediLexicon International, 18 Mar. 2018, [www.medicalnewstoday.com/articles/321246.php](http://www.medicalnewstoday.com/articles/321246.php) Olive oil has very strong moisturizing effects as well as antioxidant effects. Unfortunately there is very little research on its effectiveness so maybe this would not be the best to include.

Link, Rachael. “Is Coconut Oil Good for Your Skin?” *Healthline*, Healthline Media, 9 Apr. 2017, [www.healthline.com/nutrition/coconut-oil-and-skin](http://www.healthline.com/nutrition/coconut-oil-and-skin). The skin on someones face is more sensitive than the skin on the rest of the body, there is a rumor that coconut oil is not good for your skin. “This is especially important for skin health, as many types of skin infections, including acne, cellulitis, folliculitis and athlete's foot, are caused by bacteria or fungi “. I am not sure how much faith I have in coconut oils.

McEntee, Katharine. “Grapeseed Oil Is the Beauty Ingredient You Didn't Know You Needed.” *Byrdie*, Byrdie, 28 Aug. 2019, [www.byrdie.com/grape-seed-oil-beauty](http://www.byrdie.com/grape-seed-oil-beauty). This source lists the benefits of Grapeseed oil. As well as how it is constructed. I researched this because I know that some oils are bad for skin. I wanted more insight.

Marshall, Lisa. “Essential Oils Promise Help, But Beware the Risks.” *WebMD*, WebMD, 13 Aug. 2018, [www.webmd.com/beauty/news/20180813/essential-oils-promise-help-but-beware-the-risks](http://www.webmd.com/beauty/news/20180813/essential-oils-promise-help-but-beware-the-risks). This source has personal accounts to the risks of essential oils. This is stuff I should keep in mind as I make the scented lotions. “She infused her water with citrus oils said to detoxify and lathered her skin with stress-relieving lavender. When a faint rash appeared on her forearm, a salesperson told her it was a normal “detox” reaction and advised her to rub frankincense oil on it. She obliged. But after a few months, raised welts began to creep across her abdomen and up the back of her neck. Ultimately, she landed in the emergency room, eyes swollen, oozing blisters across her face, where doctors swiftly put her on steroids. Her diagnosis: A severe toxic reaction to essential oils.”

“Shea Butter For Skin.” *Makari De Suisse | Natural Skincare Blog*, 13 Jan. 2020, [www.makari.com/blog/shea-butter-for-skin/](http://www.makari.com/blog/shea-butter-for-skin/). I researched all the products that went into my lotions. “Naturally rich in vitamin E, A and F shea butter has been known to benefit skin in a variety of ways. These vitamins are said to make the skin softer.

*Small Business Administration*, [www.sba.gov/business-guide/10-steps-start-your-business/](http://www.sba.gov/business-guide/10-steps-start-your-business/). I researched this for tips about business. I was looking at this and realizing my steps were out of order. I made my business plan then in a way I just jumped into it. This seems like it is for businesses on a larger scale. It says conduct market research as step one, then write a business plan. Choosing the name is around the 6th step.

West, Helen. “What Are Essential Oils, and Do They Work?” *Healthline*, Healthline Media, 30 Sept. 2019, [www.healthline.com/nutrition/what-are-essential-oils](http://www.healthline.com/nutrition/what-are-essential-oils). I wanted to research the uses of essential oils so I could actively use this information in my capstone. This source shows the composition of essential oils. It lists that essential oils are purely for aromatherapy. It also lists the popular oils and what they are used for.