



Sweet Almond Oil

Texture: Slightly richer than jojoba, still smooth and not overly greasy

Skin Type: Ideal for dry, flaky, or mature skin

Color/Scent: Pale yellow, faint sweet/nutty scent

Benefits:

- Packed with vitamin E, vitamin A, zinc, and fatty acids
- Deeply nourishing and softening—great for dry, cracked, or leathery skin
- Helps fade dark spots and scars over time
- Calms itchiness and irritation (even from eczema or psoriasis)
- Improves overall skin tone and suppleness
- More affordable than jojoba for larger batches

So What's Best for You Both?

- For you, since your skin is more mature and drier, sweet almond oil might be the winner—or even a combo of 1 tbsp almond oil and 1 tsp jojoba for extra balance and absorption.
- If your skin is more normal or combo, jojoba is a fantastic clean, light option that soaks in beautifully and won't feel heavy.

Buy in Amazon: <https://amzn.to/4ngjsXq>

Natural Remedies & Benefits

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