What is claimed is:

1. A formulation comprising:

(i) a base composition comprising a lipid comprising a mixture of oils comprising a mixture of fatty acids, and

(ii) one or more additional ingredient(s) dispersed in the base composition, the additional ingredient(s) selected from a group consisting of essential oils,

wherein the fatty acids in the base composition are of a type and in amounts that render a fatty acid composition of the base composition substantially identical to a fatty acid composition of a cell membrane or a cell organelle or an exosome of a mammalian cell, and

the base composition comprises from 30% to 99% of the formulation by volume.

2. The formulation of claim 1, wherein the fatty acids in the mixture of fatty acids are selected from a group consisting of myristic acid (C14:0), lauric acid (C12:0), palmitic acid (C16:0), arachidonic acid (C20:4 n-6), stearic acid (C18:0), oleic acid (C18:1 n-9), linoleic acid (C18:1 n-9), linoleic acid (C18-3 n-9), crotonic acid ($C_4H_6O_2$), myristoleic acid, palmitoleic (C16:1) acid, sapienic acid (C16:1 n-10), oleic acid (C18:1 n-9), elaidic acid or trans-oleic acid (C18:1 n-9), vaccenic acid (C18:1 n-7), gadoleic acid (C20:1 n-11), eicosenoic acid (C20:1 n-9), erucic acid (C22:1 n-9) nervonic acid (C24:1 n-9), or a combination of two or more of any of the foregoing.

3. The formulation of claim 1, wherein the fatty acid composition of the base composition is substantially identical to a fatty acid composition of the cell membrane, and the mammalian cell is a human cell.

4. The formulation of claim 1, wherein the mixture of oils comprises coconut oil and macadamia nut oil.

5. The formulation of claim 4, wherein the mixture of oils further comprises emu oil.

6. The formulation of claim 4, wherein the mixture of oils further comprises high oleic

sunflower seed oil.

7. The formulation of claim 4, wherein the mixture of oils further comprises olive oil.

8. The formulation of claim 1, wherein the formulation comprises more than one additional ingredient.

9. The formulation of claim 8, wherein the formulation comprises a mixture of essential oils of German chamomile, Roman chamomile, and Moroccan chamomile, the mixture comprising from 5% to 30% of the formulation by volume.

10.The formulation of claim 1, wherein the mixture of oils comprises coconut oil, and the base composition comprises from 70% to 99% of the formulation by volume.

11. The formulation of claim 1, wherein the base composition comprises from 70% to 99% of the formulation by volume.

12. The formulation of claim 11, wherein the oils are selected from a group consisting of animal oils, vegetable oils and mixtures thereof.

13. The formulation of claim 1, wherein the fatty acids and essential oils are in an effective amount to reduce severity or alleviate pain.

14. A formulation comprising:

(i) a base composition comprising a lipid comprising a mixture of oils comprising a mixture of fatty acids, and

(ii) one or more additional ingredient(s) dispersed in the base composition, the additional ingredient(s) selected from a group consisting of a phospholipid, a ceramide, cholesterol, a fatty acid, an essential oil, a vitamin, a mineral, a therapeutic agent, an exosome, a bioactive ingredient, or a combination of two or more of any of the foregoing,

wherein the fatty acids are in a ratio that allows the formulation to cross or

integrate into a membrane of a cell, and

the base composition comprises from 30% to 99% of the formulation by volume.

15. The formulation of claim 14, wherein the one or more additional ingredient(s) are selected from a group consisting of essential oils.

16. The formulation of claim 15, wherein the base composition comprises from 70% to 99% of the formulation by volume.

17. The formulation of claim 16, wherein the oils are selected from a group consisting of animal oils, vegetable oils and mixtures thereof.

18. The formulation of claim 14, which is a topical preparation.

19. The formulation of claim 18, which is a solution or an emulsion.

20. A formulation comprising:

(i) a base composition comprising a lipid comprising a mixture of oils comprising a mixture of fatty acids, and

(ii) an essential oil dispersed in the base composition,

wherein the fatty acids in the base composition are of a type and in amounts that render a fatty acid composition of the base composition substantially identical to a fatty acid composition of a cell membrane or a cell organelle or an exosome of a mammalian cell, and

the base composition comprises from 30% to 99% of the formulation by volume.

21. The formulation of claim 20, wherein the fatty acid composition of the base composition is substantially identical to a fatty acid composition of the cell membrane, and the mammalian cell is a human cell.

22. The formulation of claim 21, wherein the formulation further comprises a phospholipid, a ceramide, cholesterol, a fatty acid, a vitamin, a mineral, a therapeutic agent, an exosome, a bioactive ingredient, or a combination of two or more of any of the foregoing.

23. The formulation of claim 22, wherein the oils are selected from a group consisting of animal oils, vegetable oils and mixtures thereof.

24. The formulation of claim 23, wherein the mixture of oils comprises coconut oil and macadamia nut oil.

25. The formulation of claim 1 or 20, wherein the mixture of fatty acids comprises palmitic acid, stearic acid, oleic acid, and linoleic acid.