

Essential Oils For Scars



How to use essential oils for scars

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Some people use certain essential oils — such as *Helichrysum*, lavender, or tea tree oils — on the skin to promote wound healing and reduce the appearance of scars.

While there has been little research into the effects of essential oils on scars, these oils may be helpful complements to traditional treatments.

This article investigates which essential oils may help with scarring, how to use them, and the evidence for their effectiveness.

Can essential oils help with scars?

Essential oils are made from plants, and each oil has a different chemical makeup.

Aromatherapists and other practitioners of alternative medicine use these oils to treat a range of health issues. The issues could be physical, such as joint pain or nausea. Or, as in the case of [stress](#) or [anxiety](#), the issues could relate to mental and emotional health.

Scars typically form when an injury penetrates past the first layer of skin. Scars can be sunken or raised, and they may be pink at first. After it heals, a scar usually looks darker or lighter than the skin around it.

Certain essential oils have anti-inflammatory or antimicrobial properties — or sometimes both. Keeping infection and [inflammation](#) at bay can help wounds heal and improve skin health overall.

Using essential oils while a wound is healing may help minimize any scarring. However, older scars are much harder to treat, and it may not be possible to make them less visible. Many scars fade over time with exposure to sunlight.

Helichrysum

[Research](#) in the laboratory indicates that one species, *Helichrysum italicum*, may have antimicrobial properties, meaning that it may kill microorganisms, such as bacteria. This could prevent infection and encourage wound healing, potentially resulting in less scarring.

The findings of other laboratory-based [studies](#) indicate that *Helichrysum italicum* may combat inflammation. An inflamed or irritated wound is slower to heal and may leave a worse scar.

Lavender

People commonly use lavender essential oil to promote calmness and encourage sleep. The oil comes from the flowers and leaves of the plant.

Some practitioners of alternative medicine use lavender to treat wounds and skin conditions. A [2016 study](#) in rats suggested that lavender oil could promote healing.

When applied to a wound, the essential oil seemed to encourage new tissue to grow.

Geranium

Manufacturers produce essential oil from the leaves of this flowering shrub. Some people use geranium oil to treat anxiety and stress, as well as skin disorders, such as [eczema](#).

Some research indicates that geranium oil has [antibacterial](#) properties, meaning that it may help keep wounds clean and encourage healing, which can help prevent or reduce scarring.

Chamomile

Healers in ancient Rome, Greece, and Egypt used chamomile as a medicinal herb. Today, it is a common ingredient in herbal teas, creams, and essential oil blends.

Some practitioners of alternative medicine use chamomile to treat anxiety, stomach problems, and skin conditions.

Like other essential oils, chamomile may help stop microbes from entering a wound. [Researchers](#) have also found that chamomile may promote wound healing and reduce inflammation.

Tea tree

Tea tree oil is one of the most widely used essential oils. Manufacturers use steam to distill the oil from tea tree leaves.

Only apply tea tree oil to the skin — do not swallow it.

Tea tree oil may help support the [immune system](#). A healthy immune system is better at healing injuries, which could result in reduced scarring.

[Researchers](#) have also long recognized the antimicrobial and antifungal effects of tea tree oil, which can help prevent infection in healing skin.

Correct-X® Essential Ointment

Correct-X Product Description

Essential oils have long been used to soothe, calm, nourish, and hydrate the skin. Because they are natural and pure, essential oils are good for the skin and can help soothe skin irritations, provide moisture, nourish the skin, and more. Knowing the power of essential oils for skin, doTERRA created Correct-X essential ointment to help soothe distressed skin. Filled with essential oils that have significant cleansing, purifying, and soothing properties, the Correct-X formula was designed to provide the skin with soothing relief when irritations occur.

Where to Buy Correct-X

If you are ready to experience the powerful effects of essential oils for skin, visit the [doTERRA Correct-X](#) product information page to learn how to order. Like all other doTERRA products, Correct-X uses [CPTG Certified Pure Therapeutic Grade®](#) essential oils that have been responsibly sourced, carefully harvested, and thoroughly tested. Only the most potent and [pure essential oils](#) are used in doTERRA products to ensure a high level of quality.

Correct-X Benefits and Uses

The essential oils in doTERRA Correct-X are known for their soothing properties, particularly for skin. When your skin needs soothing relief from occasional skin irritations, the Correct-X formula will provide calming for the skin, without removing any moisture. In addition to soothing the skin, Correct-X creates a moisture barrier for the skin, helping to hy-

drate while it soothes. If you are tired of using ointments or products that dry out your skin, give Correct-X a try, and experience the soothing, calming power of essential oils for skin.

For those with sensitive skin, it can be difficult to find a product that will get rid of skin irritations, without causing other problems. Many ointments are too strong or intense for sensitive skin, so they can cause additional irritation, rather than taking irritation away. Correct-X absorbs quickly into the skin, with a gentle, non-irritating formula that is perfect for anyone who has sensitive skin.

One of the greatest benefits of using essential oils for skin is that they can help give the complexion a clean, healthy-looking glow. After using Correct-X, your skin will be left with a clean, moisturized look and feeling. Because Correct-X uses safe, natural ingredients including essential oils, your pores won't be clogged with extra toxins or fillers. As Correct-X works to reduce skin irritations and imperfections, you'll enjoy a clean, hydrated complexion.

You never know when skin irritations are going to occur, and you might not always have a bottle of essential oils on hand. Correct-X was created as a convenient, travel-friendly product that will allow you to soothe your own skin irritations as well as those of your family, no matter where you are. Keep a tube of Correct-X in your car, purse, first aid kit, or favorite travel bag to ensure that you always have the skin-correcting benefits of essential oils on hand when you need them. Correct-X can be extremely helpful during outdoor recreation, whether you are on the playground, campground, or pitching mound.

The use of clean, natural ingredients in Correct-X leads to clean, smooth skin. Not only is the Correct-X formula full of skin-soothing essential oils, but it is also free of preservatives and petroleum that can be a hindrance to clear, clean skin. With only the best ingredients and pure, powerful essential oils at work, you know you can count on the doTERRA Correct-X formula to give you clean, healthy-looking skin.

Key Ingredients

Frankincense: Among its countless benefits, [Frankincense oil](#) has long been revered for its ability to reduce the appearance of skin imperfections.

Melaleuca: Also known as Tea Tree oil, [Melaleuca essential oil](#) holds powerful cleansing properties that make it rejuvenating for the skin.

Bisabolol: Recognized for its calming effects on the skin, Bisabolol is an important component of the doTERRA Correct-X formula.

Helichrysum: Frequently used to reduce the signs of aging, [Helichrysum oil](#) has rejuvenating properties that help promote a healthy-looking complexion.

Lavender: Known for its soothing properties, [Lavender oil](#) can be helpful for soothing occasional skin irritations.

Joboba: Because it is similar to the natural oils found in our skin, Jojoba can help provide hydration, which significantly improves the skin's texture.

Cedarwood: [Cedarwood oil](#) provides clarifying properties when applied topically, and can be a beneficial part of any skincare routine.

Cautions

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.



