

Essential Oils And Skin



LAVENDER

TEA TREE

FRANKINCENSE

CHAMOMILE

GERANIUM

PATCHOULI

HELICHRYSUM

SANDALWOOD

MYRRH

JUNIPER BERRY



The Best Essential Oils for Your Skin

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The Best Essential Oils for Your Skin

<https://www.healthline.com/health/essential-oils-for-skin>

Essential oils are plant extracts made from flowers, leaves, and seeds. Some may have properties that can treat certain skin conditions. If you're interested in trying essential oils specific to your skin concerns, consider talking to your dermatologist about the following options.

Essential oils for dry skin

Dry skin can occur during certain times of the year, as well as in desert-like climates. You may even have dry skin naturally from age or reduced activity in the sebaceous (oil) glands in your pores. Dry skin is often remedied with creams and moisturizers, but some essential oils could provide relief.

Lavender

You may have heard about using lavender for sleep and relaxation, but this multipurpose oil may also help balance out moisture levels in your skin. It's an anti-inflammatory that can reduce redness and a natural hydrator that can repair dry skin without making it too greasy.

Chamomile

Chamomile oil contains azulene, known for increasing moisture and reducing inflammation. However, you may want to avoid it if you have ragweed allergies, as chamomile may be a trigger.

Sandalwood

Sandalwood contains compounds known for reducing inflammation while promoting moisture in the skin.

Essential oils for oily skin

If you have oily skin, your sebaceous glands are in overdrive, creating excessive oil on the surface of your skin. Factors like humidity, heat, and hormones can make oily skin worse. The following essential oils may help alleviate oily skin issues.

Clary sage

Containing active compounds like linalyl acetate and geranyl, clary sage is known as a go-to essential oil for controlling excess sebum. Clary

sage may also help control acne and reduce the appearance of wrinkles in mature skin.

Rosemary

Rosemary oil is noted for its anti-inflammatory, stimulating, and analgesic properties. Its key ingredients, such as esters, may help keep excess sebum at bay. In fact, researchers have noted it can help with both greasy hair and dandruff, and may even stimulate hair growth.

Frankincense

Although research of frankincense in skin care is lacking, advocates say it can help alleviate oily and acne-prone skin while providing lipids for aging skin.

Geranium

With its alkaline properties, geranium is said to help balance out skin oils. Such alkalinity makes geranium a key addition to soaps, and it's helpful in evening out hydration levels.

Neroli

Neroli is another essential oil that contains citral. It may help balance out sebum without drying your skin.

Best essential oils for sensitive skin

Sensitive skin can be either dry or oily, and can sometimes occur alongside allergies, eczema, and other skin conditions.

If you have sensitive skin, you'll want to steer clear of oils that are highly acidic, such as lemon and lemongrass. The following oils are considered safe for all skin types:


- lavender
- frankincense
- sandalwood

Essential oils for acne-prone skin


With acne, it's crucial that you remove excess oils and bacteria without drying the skin, as this can lead to increased oil production. Inflammation can be another contributing factor to acne breakouts.

Both rosemary and frankincense are known for treating acne by reducing microbials and inflammation. Clary sage is also used for acne and




 on oily skin. The following oils may also help acne-prone skin types.


 **Lemon**

 Lemon oil, derived from the peel of the citrus fruit, can help fight inflammation and free radicals that can contribute to acne and photoaging.


 **Lemongrass**

 Lemongrass also has natural astringent properties. These can help fight pimples by acting as an antimicrobial while also removing excess dead skin cells.


 **Cinnamon**


 Cinnamon essential oil is also considered a powerful anti-inflammatory thanks to key antioxidant compounds like cinnamic acid. This may help inflammatory acne symptoms like cysts, nodules, and pustules.

 **Tea tree**




 Derived from the melaleuca tree, tea tree oil is one of the most notable antiseptics in alternative medicine. It helps fight bacteria and inflammation, both of which can contribute to acne breakouts.

 **Essential oils for a skin rash**

 Certain essential oils also have the ability to balance out moisture and alleviate itchiness of skin rashes. These include atopic dermatitis (eczema) and psoriasis.

 One 2015 study found that combining thyme with lavender helped treat eczema in mice, leading researchers to believe that this essential oil blend could benefit humans with the skin disease, too.

 **Other potential essential oils for skin rashes include:**

-  • lavender
-  • cinnamon
-  • geranium



Pain Relief and Skin Conditions

Another consideration is the pain that can sometimes occur with skin rashes. In this case, you might consider the following essential oils that have pain-relieving properties:

Peppermint

You may have heard of drinking peppermint tea for headaches, but the benefits of peppermint oil may also extend to skin health. The natural menthol content provides an analgesic effect on the skin. It cools down hot rashes, too.

Wintergreen

Containing methyl salicylate, wintergreen has similar properties to peppermint. It may act as a soothing agent on painful skin rashes.

Eucalyptus

Eucalyptus is another oil noted for its pain-relieving qualities. It may also provide moisture to itchy, painful skin rashes.

Patchouli

Patchouli oil is known for reducing both pain and inflammation. These qualities are especially helpful for treating eczema rashes.

Essential oils for pigmentation

Whether you have acne scars or age spots from sun exposure, certain essential oils may help even out your skin tone when used as a serum.

Yarrow/Pom

To help promote the look of young and healthy skin, or to help reduce the appearance of blemishes. Pomegranate has antioxidant and anti-inflammatory properties that can promote healthier, more even skin.

Celery seed

Creates a calming, relaxing, and positive environment while providing cooling and soothing effects.

Tangerine

Tangerine oil also has a high antioxidant profile, which makes it useful for promoting smoother, more toned skin.





Ylang ylang

Known for its ability to create balance mentally and physically, it may also help inhibit skin pigmentation, according to a 2015 study.

Other oils for pigmentation

- frankincense for age spots
- geranium to even out tone
- lemon to fight free radicals
- lavender for reduced redness

Essential oils for mature skin and anti-aging

Your skin naturally loses elasticity and collagen as you age, which can lead to sagging, fine lines, and wrinkles. The following essential oils have been studied for their potential anti-aging benefits.

Rose

With antioxidants like vitamins A and C, rose oil can help promote skin cell turnover, which often slows down with age. In turn, this could create younger-looking skin with fewer lines.

Myrrh

Historically, myrrh was used by Egyptian women for anti-aging skin care regimens. This antioxidant-rich oil is thought to promote circulation, creating brighter, more refined looking skin.

Jojoba

Jojoba oil has been noted for repairing the top layer of skin, thanks to its natural fatty acid content. Other oils that provide similar results include argan, coconut, and sunflower seed oils. Jojoba is also known for being lightweight, which makes it a good choice for oily skin.

Other anti-aging oils

- lavender
- patchouli
- frankincense
- tangerine
- neroli
- celery seed
- clary sage

How to use essential oils

Essential oils are either inhaled or used directly on the body. It's not safe to ingest them. When applying the oils topically to your skin, be sure to use a patch test ahead of time to make sure you're not allergic, and don't use them around your eyes.

A patch test involves placing a small amount of the diluted essential oil on your skin, say your forearm. Wait 24 hours to check for allergic reaction before using on a larger area of skin.

Diffuser

Diffusers are rising in popularity as tools to help disperse essential oils in a room so that you can breathe in the steam. This practice is also known as aromatherapy.

Still, while inhaling the essential oils can be relaxing (or invigorating, depending on the oil used), you won't necessarily reap the skin benefits using them this way.

Massage and direct application

When treating skin conditions, essential oils are most likely to work best topically. This entails using small drops of an oil. You must also first dilute the oils with a carrier oil, such as almond or olive oil.

Use a few drops per tablespoon of carrier oil for best results, then massage into your skin until fully absorbed.

Bath


Bathing in essential oils can also work well for a variety of skin conditions, especially if you're trying to treat hard-to-reach areas like your back. Simply add up to 10 drops of oil to a running bath. Take your time getting out of the tub, as the oils can make the surfaces slippery.

Precautions


Topical uses of essential oils may lead to rashes and irritation if you don't dilute them beforehand with a carrier oil.


If you are not sure if you react, place a small amount of diluted essential oils on your skin — say on your forearm — and wait 24 hours to check for an allergic reaction.




 While essential oils are natural, they can be just as powerful as traditional medications. You shouldn't attempt to self-treat any underlying medical condition. Ask a health care professional before using essential oils if you're pregnant or breastfeeding.


Where and What to Buy


 All essential oils are NOT equal. Buy a reputable brand from a company that tests multiple times to ensure purity. Not from a company that just puts on their bottle "100% pure" (this means they have done one test to ensure the oil is actually in the bottle.) This is all they check!


 dōTERRA does the same test (GC/MS) to ensure that there is nothing else in the bottle besides the oil. They also test up to 60 times per batch and use third-party testing.

 I recommend dōTERRA Essential Oils as they source environmentally consciously from 40 different countries, where the plants grow best, and they also harvest and process differently to other companies. They put back into the local communities where they source. Look up dōTERRA Healing Hands.

Takeaway

 With their anti-inflammatory, antibacterial, and soothing properties, essential oils are used for a variety of skin care concerns. While research into the efficacy of essentials is ongoing, advocates say oils can help dry, oily, and acne-prone skin.

 Before using essential oils, seek input from your dermatologist, especially if you have any underlying conditions like eczema, rosacea, or psoriasis.

 Stop using essential oils immediately if you experience any negative reactions.

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Can You Reduce the Appearance of Scars with Oils?

12 Oils to Try

Essential oils and skin health

Essential oils may help reduce the appearance of scars. They work by regenerating the skin cells of damaged skin. There are also other oils that can improve the appearance of scars and improve skin health.

Essential oils support skin health by:

- balancing skin tone
- reducing redness
- reducing inflammation

Some oils also have wound-healing properties, which may help prevent scar tissue from forming. You can experiment to see which oils — or combination of oils — bring you the best results and if used correctly presents little risk.

Essential oils that may reduce the appearance of scars

1. Helichrysum essential oil

Helichrysum essential oil has anti-inflammatory, antifungal, and antibacterial properties that may be useful in healing skin.

Helichrysum essential oil contains an anti-inflammatory substance called arzanol, which plays a part in healing wounds.

It also has antioxidant properties that can help to prevent scarring by regenerating new cells and preventing the accumulation of free radicals. This oil is also said to:

- relieve skin rashes
- relieve infections
- increase collagen production

You may begin to see results within a few months of consistent daily use. Helichrysum essential oil may cause sun sensitivity. Don't use this oil if you've recently had surgery or are at risk for internal hemorrhaging.

Helichrysum may be more expensive than some of the other options, so you may want to start with a smaller jar to see if you like the oil before buying it in larger quantities.





2. Frankincense essential oil

Frankincense essential oil helps to:

- soothe skin
- even out skin tone
- kill bacteria

These characteristics make it useful for treating scars. Frankincense essential oil:

- may promote the growth of new skin cells
- tighten the skin
- reduce the appearance of scars

Also, the active ingredient in Frankincense, boswellic acid^{Trusted Source}, has been shown to have anti-inflammatory benefits.

You may start to see results after a month of using frankincense essential oil.

This essential oil may cause skin irritation and abdominal issues. Do not use frankincense oil if you take blood thinners.

Frankincense is a mid-range essential oil.

3. Geranium essential oil

Geranium oil is useful in treating scars by:

- relieving inflammation
- evening out skin tone
- encouraging new cell growth

Its antiseptic, antimicrobial, and antibacterial wound-healing properties may help make scars less visible. In 2013, research found that rose geranium oil is effective in preventing and treating inflammatory skin conditions.

It may take at least a month to see results with geranium oil.

Use geranium oil with caution if you have high blood pressure or are at risk of cardiovascular diseases.

4. Lavender essential oil

Lavender essential oil may help to prevent scarring by promoting cell and tissue growth. It has antibiotic, antioxidant, and antiseptic properties.

According to a 2016 study, lavender oil demonstrates wound-healing activity and shows potential for use as a natural treatment to help repair damaged skin tissues.

Another 2016 study found that lavender essential oil promotes wound healing by increasing collagen and regenerating tissue, especially in the early phase of treatment. Topical application of lavender oil helped to speed up wound closure and promoted wound shrinking.

You may see results in as little as one week. Lavender is especially useful in the beginning phase of scar treatment.

5. Yarrow POM essential oil

Yarrow|Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your go-to for a true inside-out approach to aging,

As part of your skin care routine, apply Yarrow|Pom oil to help promote the look of young and healthy skin, or to help reduce the appearance of blemishes.

Create a soothing massage experience with a few drops of Yarrow|Pom oil to help soothe tension.

6. Cedarwood essential oil

The rejuvenating effect of cedar wood oil shows potential in treating skin conditions including scars. It has been shown to reduce inflammation and to provide a pain-relieving effect.

Cedar wood oil is also useful in treating acne. More research is needed to confirm and expand upon these findings.


You may start to see results after a month of consistent use. Cedar wood essential has the potential to cause allergic reactions.


7. Tea tree oil

Tea tree oil has enormous healing potential due to its antiviral, antibacterial, and antifungal effects. The antioxidant and antimicrobial activity- Trusted Source of tea tree oil may accelerate the wound-healing process.


It also has antiseptic and anti-inflammatory properties. It's ability to boost immunity is helpful when you're caring for wounds and scars.





 In 2015, research indicated that tea tree is a promising option to topically treat inflammatory disorders and heal wounds. Tea tree is available as an essential oil and comes already diluted.

 It may take up to a month of consistent use before you see results using tea tree oil. Use tea tree oil with caution if you have any allergies or autoimmune conditions. It has the potential to cause an allergic reaction. Tea tree oil may not be appropriate for use in children.

8. Neroli essential oil


 Neroli essential oil is used for a variety of skincare conditions. It's useful in treating scars. Neroli oil has been shown to reduce pain and inflammation.

 Its antimicrobial and antioxidant properties make it a powerful healer. It also has antifungal properties. More research is needed to discover how neroli oil can be used to treat skin conditions and scars.




 You may see results after a month of consistent use of neroli oil. It has the potential to cause skin irritation and allergic reactions.


Other oils that may reduce the appearance of scars


9. Rosehip seed oil


 Rosehip seed oil may be used to:

 improve the condition of your skin

-  • treat scars
-  • treat wrinkles
-  • treat acne

 In a 2015 study, researchers found that rosehip seed oil improved the appearance of post-surgical scars. Participants who used the oil twice daily for 12 weeks experienced significantly less discoloration, atrophy, and redness.

 You may start to see results after six weeks of use. It's possible for rosehip oil to cause irritation or an allergic reaction. Do not use if you have diabetes, kidney stones, or anemia.

 Rosehip seed oil is relatively inexpensive. It can be used as a carrier oil for essential oils.

10. Vitamin E oil

Vitamin E oil may prevent scarring by helping your skin to retain moisture while boosting collagen production. It also helps to protect your skin from damage caused by free radicals.

Research demonstrating the effectiveness of vitamin E oil in treating scars has been mixed. A few studies have shown it to significantly improve the cosmetic appearance of scars. Additional research is needed.

You may start to notice results after a few weeks of use, but you can continue to use vitamin E for a few months. Vitamin E may cause an allergic reaction, rash, or itchiness. Vitamin E oil is an affordable option that's available almost anywhere.

11. Almond oil

Almond oil has numerous benefits to the skin and may help to reduce the appearance of scars. Almond oil contains vitamin E, which helps hydrate, soothe, and moisturize dry or damaged skin.

There's some evidence that almond oil can:

- rejuvenate the skin
- improve complexion
- even out skin tone

It also has anti-inflammatory properties that help skin to heal. More research is needed to understand its potential in healing scars. It has been found to reduce the formation of stretch marks and reduce itching.

You may start to see results after a month of using almond oil. Don't use almond oil if you have diabetes. Avoid use for two weeks before any scheduled surgery. Almond oils are often used as carrier oils for essential oils.

Almond oil is an affordable option.

12. Coconut oil

Coconut oil contains fatty acids and micronutrients that may help to reverse skin damage, heal skin disorders, and moisturize. It's a highly respected moisturizer.



Its antioxidant and anti-inflammatory properties help to prevent and heal skin conditions. Coconut oil may also:

- increase collagen production
- help the skin to retain moisture
- soften the skin





Research published in 2010 found that topical application of coconut oil on wounds in rats had a positive effect on the healing process. This was due in part to its antioxidant activity and effect on collagen production.

A 2019 study found coconut oil to protect skin cells from inflammation in the lab, and this is an important step in understanding how the action works.

You may notice results after as little as 10 days of consistent use. Coconut oil has the potential to irritate the skin or cause an allergic reaction. It's an affordable option.

Summary of the different oils

Oil	Length of use to Start seeing results	Additional benefits
Rosehip seed	6 weeks	may improve wrinkles and acne
Vitamin E oil	3 or more weeks	may boost collagen production
Helichrysum	3 or more months	anti-inflammatory, antifungal, and antibacterial properties
Frankincense	1 month	may improve skin tone and kill bacteria
Geranium	1 or more months	antibacterial and anti-inflammatory properties
Lavender	1 week	antibiotic, antioxidant, and antiseptic properties
YarrowPOM	1 month	antibacterial and antifungal properties
Cedarwood	1 month	anti-inflammatory and analgesic properties; may treat acne

Coconut oil	10 days	may soften the skin and reduce inflammation	
Tea tree	1 month	antiviral, antibacterial, and anti fungal properties	
Almond oil	1 month	contains vitamin E; may soothe and moisturize skin	
Neroli	1 month	may reduce pain and inflammation	

How to use essential oils

Some of the oils presented here are not essential oils and do not need to be diluted.

Essential oils should always be diluted before being applied topically to the affected area. They can irritate your skin if used in an undiluted state. Also, you should never ingest essential oils.

Essential oils must be diluted in oils called carrier oils. You can test a few carrier oils to see which ones work best for your skin and which scent you prefer.

Some carrier oils you may use are:

- Fractionated coconut oil (coconut oil with fats removed)
- grapeseed oil
- avocado oil
- sweet almond oil
- olive oil
- apricot kernel oil
- jojoba oil
- hazelnut oil

Do not use oils on:

- an open wound
- burn
- skin that's extremely sensitive

Inflamed skin is more likely to react to the oils. Serious wounds may require medical attention. In this case, you should see your doctor to see if another treatment is necessary.





To use essential oils:

Dilute a few drops of your chosen essential oil into a carrier oil. You can use fewer drops of essential oil for sensitive skin.

Apply this mixture to the affected area several times per day.

You don't need to wash off the oil. Bathe how you normally would, following your regular schedule.

You'll get best results if you constantly apply the oils for at least a few months.

It may take up to a year for a scar to completely heal.

Tips for buying oil

Look for pure essential oils that are 100 percent therapeutic-grade. They shouldn't contain any additives. Find a reputable brand that you trust. The company should be upfront about their practices and be able to answer any questions you may have.

High-quality oils are less likely to create an adverse response and are more likely to generate the best results.

Essential oils and pregnancy

Always talk to your doctor before using essential oils for any reason if you're pregnant. Certain essential oils should be avoided if you're pregnant.

Takeaway

Scars may not disappear completely. But the likelihood that they'll be less noticeable or visible following consistent use of oils and essential oils is promising.

Don't expect immediate or drastic results. It may take up to six months before you begin noticing any changes to your scar. Larger scars from surgery or wounds may take longer to heal.

Experiment with a few different oils to discover which one works best for you. You may discover that the aromatic qualities of essential oils are equally beneficial to your well-being. Always talk to your doctor before starting to use essential oils.

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Medical Disclaimer:

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