**Essential Oils for Healthier Skin**

Every essential oil has many purposes and uses. And there are several that promote the health and beauty of our largest organ, which is the skin.

Our skin makes up about 20 square feet of space, and is the first layer of us that people will see. We want to keep it in the best condition possible, so we can look and feel our best.

At the same time, we need to be extremely choosy about what products we put onto our skin, because skin is porous and absorbs whatever we are using on it.

Essential oils are the perfect balance, because they can make skin look and feel amazing, as well as promote health on all levels. Here are a few of the best essential oils for skin health.

**Frankincense**

Frankincense helps heal wounds and assists in erasing scars. It is an excellent skin toner, which is why many individuals add it to their daily beauty routine by putting a few drops in homemade night cream. Stretch marks and dry skin are no match for this super anti-aging essential oil.

**Lavender**

Lavender is one of the most common essential oils, and skin health is one of its many uses. If you have been out in the sun too long and have developed a sunburn, simply put several drops of lavender into a base of coconut oil or a plain, natural lotion and spread it over whatever part of your body that may be burned.

You can even use this oil on your face, although as with all essential oils you will want to avoid direct contact with the immediate eye area. The antioxidants in this essential oil will help you keep young-looking skin. Lavender helps banish everything from acne to eczema.

**Ylang Ylang**

This essential oil is effective in balancing the oils and moisture levels of your skin. Because of this, it is a good oil to include in a night cream. Your skin will retain its youthful look with regular application of ylang ylang oil.

**Chamomile**

The soothing properties of chamomile oil have been well known for a long time. Because of its healing abilities, it is often used in baby products such as natural diaper rash sprays and creams.

Roman chamomile is often the type used for this purpose because it is a more gentle form of chamomile, but German chamomile is also popular due to its natural anti-inflammatory properties.

Rashes, scarring and blemishes of any kind are minimized when chamomile oil is used. Simply mix it into coconut oil or evening primrose oil, and put a dab on any part of your face that needs some extra tender loving care.

**Tea Tree**

Tea tree oil is popular for use with skin health. One of the most common and well-known uses is to treat acne. In fact, Australian researchers did a study which found that tea tree oil in a 5 percent solution clears up acne just as well as a top acne remedy called benzoyl peroxide.

To help treat acne, mix 1 part tea tree oil with 20-40 parts witch hazel and dab onto the areas of your face affected twice daily.

Essential oils are useful for much more than just a pleasant scent. They can be a real asset and an amazing addition to your daily beauty routine. Check out some of these oils and begin using them for healthier, younger-looking skin.