**Best Tips to Follow When Using Essential Oils on the Skin**

Want to ensure you’re getting the best skin care results when using essential oils? There are a few tips you’ll definitely want to follow.

Unless you apply the oils correctly and mix them properly, it can lead to all kinds of skin troubles. So, if you want to make sure you don’t irritate the skin further, below you’ll discover some of the best tips to follow when using essential oils on the skin.

**Ensure you’re choosing high-quality oils**

One of the first tips you’ll absolutely want to follow, is ensuring you choose high-quality essential oils.

Due to how popular they are, there are a lot of fraudulent sellers trying to pass off weak, or fake essential oils as the real thing. Not only will these oils be ineffective, but they can also be a lot more dangerous due to not knowing what’s really in them.

For this reason, it’s important to make sure you’re buying the best quality oils from a reliable source.

**Always follow dilution instructions**

It’s also important to make sure you get the dilution of the oils right. If they aren’t diluted properly, they could actually harm, rather than help the skin.

Each oil has its own dilution recommendations. How much you dilute them down will depend upon the method you’re using to apply them to the skin. If you’re creating your own essential oil skincare products, you’ll also need to follow the specific dilution instructions provided.

It’s a good idea to research as much as you can about diluting essential oils before you attempt to use them in your skincare routine.

**Never skip the patch test**

Even after diluting your oils properly, you’ll still need to carry out a patch test. You may have a reaction to the oils, so it’s important to test a small area before applying them properly.

Once you’ve applied a little of the diluted oil onto the skin, leave it for 24 hours. If you experience redness, itchiness or if there’s any other nasty side effects, don’t use the oil again.

It’s important to carry out a patch test with every new oil you try. It’s also advisable to carry out a patch test if you’ve created your own skincare products.

**Be wary when using oils in the bath**

While essential oils can be added neat to bath water, care does need to be taken. Make sure you only use 6-8 drops, and don’t add the oil underneath the tap. This will actually cause the oil to release into the air via steam. Ideally, it’s best to add the oils after the water has been run.

Another tip is to avoid actually sitting on the oil in the bath. Always add it to the tap end and mix it into the water as much as possible.

**Seek medical advice before introducing oils into your routine**

Although essential oils are classed as natural, that doesn’t mean they don’t have side effects. That’s why it’s a good idea to seek medical advice before adding them to your beauty routine.

If you’re pregnant or breastfeeding, it’s especially important to seek medical advice before using any essential oil. This is because some oils can be harmful to baby.

**Follow the less is more rule**

When using essential oils, it’s always good to follow the less is more rule. As they are extremely concentrated, you only need a very small amount to gain the benefits. So, never be tempted to use more than the recommended dosage.

Overall, essential oils can be extremely beneficial to the skin when used correctly. You may need to experiment with a few different types of oils in order to find the best one to match your skin’s needs. Once you have found what works, you’ll never miss essential oils out of your skincare routine again.