**5 of the Best Essential Oils for the Skin**

If you want to utilize the benefits of essential oils, you’re going to need to ensure you’re using the right ones. Different oils provide different skin benefits, so it’s important to know which type of oil will best solve your skin troubles.

To help you figure out which oils you need, below you’ll discover 5 of the best essential oils for the skin. No matter what your skin issues are, you’ll find an oil on the list that’s sure to help.

**1. Chamomile**

Chamomile essential oil is great for sensitive skin. It’s often used to soothe skin irritation, although its benefits are said to extend even further.

If you suffer with acne or eczema, chamomile can help to reduce redness and inflammation. It is also useful for evening out the skin tone. So, if you tend to have blemished, patchy skin, this essential oil is one of the best you can use to rectify the problems.

It is even thought to help with regenerating and repairing the skin. This means it could potentially help to give you a more youthful appearance too.

**2. Lavender**

There is no doubt lavender is one of the most popular essential oils used. While it is largely known for its relaxing and sleep-inducing benefits, it can also work wonders for the skin too.

Lavender oil is known to moisturize the skin, and it also contains antibacterial properties. This means it can potentially help to fight off acne, as well as clear up any dry, irritable skin conditions.

Its anti-inflammatory properties help to soothe and heal the skin. They also help to clear up redness and blotchy patches. The oil can kick-start cell regeneration too, leading to healthier, more youthful skin.

As an additional benefit, when used before bed you’ll get a great night’s sleep. This in turn has significant skin benefits.

**3. Lemongrass**

Lemongrass essential oil is antimicrobial. This means, it’s an excellent cleanser for the skin. It is also great for brightening up dull skin, as well as healing skin inflammation and evening out the skin tone.

The oil contains Vitamins A and C, which are essential for healthy skin. It is also known to have a cooling effect, which makes it great for treating burning of the skin. As an additional benefit, lemongrass is also known to repel insects. So, if you want glowing skin while keeping bugs away, this is a great oil to use.

The only thing to be aware of with this oil, is that it isn’t ideal for those with sensitive skin.

**4. Frankincense**

Like other oils on the list, Frankincense oil has excellent healing properties. It is thought that the steroid-like structure of the oil is what helps to soothe the skin. As well as its soothing and healing properties, it can also be used to improve skin tone and elasticity.

So, in terms of anti-aging, Frankincense oil is one of the best essential oils you can use.

**5. Rosehip**

When it comes to skin benefits, rosehip essential oil is definitely one of the best. It’s even used by royals to improve their skin naturally. It is packed full of antioxidants, essential fatty acids and vitamins.

It is an especially good moisturizer, helping to give the skin a beautiful glow. It is also thought to treat the signs of aging, brighten up the skin and even provide skin firming benefits.

Each of the oils above can really help to improve the skin. However, before using them, it’s worth doing a little research to ensure they suit your skin type. You’ll also need to ensure you know how to use them safely. Although they can have significant skin benefits, if used incorrectly they can cause irritation and further skin troubles.

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**Complementary blog post: 5 of the Best Essential Oils for the Skin**

**Subject:** New post – Check out these 5 essential oils for the skin

{Hello Firstname}

Ready to experience the benefits essential oils can have on the skin? The key is to ensure you’re choosing the right oils.

Different essential oils have different skin benefits. You’ll also find essential oils affect everyone differently too. So, you may need to try a few skincare oils before finding the best one for you.

In today’s blog, I’ll reveal 5 of the best essential oils for the skin. If you want to ensure you’re gaining maximum skin benefits, you’ll want to check out this post.

LINK

I’ll show you why lemongrass is a great oil to use to brighten up the skin. You’ll also discover how Frankincense oil can soothe and repair the skin, and why Rosehip oil is considered one of the best essential oils for healthy skin.

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**3.** TIP: When it comes to healthy skin oils, rosehip is difficult to beat. It helps you to achieve a beautiful glow, while also acting as a natural moisturizer. LINK

**4.** TIP: Lavender has numerous benefits for the skin. As well as boasting anti-inflammatory properties, the oil can be used as a sleep aid to encourage better sleep. LINK

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