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# How Do Essential Oils Benefit the Skin?

Essential oils are renowned for their numerous health benefits. While largely used as a relaxation aid, did you know they can also be fab for the skin?

Specific oils deliver great skin benefits when used correctly. Made from natural chemical plant compounds, the oils contain a lot of therapeutic properties which can help the body to heal.

Here, we’ll look at just some of the main ways that essential oils can benefit the skin.

A person taking a selfie

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**Helping the skin to heal**

Many essential oils contain excellent healing properties. They can kick-start cellular growth, which in turn boosts the healing process. So, if you have cuts or even just chemical damage in the skin, essential oils could help to heal it quickly.

Some oils also help to improve circulation. If the skin isn’t getting adequate circulation, it can lead to a number of skin troubles. So, boosting circulation will help to heal the skin, leaving it looking much healthier.

Another way some essential oils can heal the skin, is through their antiseptic properties. This is especially useful for healing cuts and abrasions. The antiseptic properties help to prevent an infection, while keeping the skin clean.

**Aiding in a good night’s sleep**

Sleep is extremely important for good skin health. Did you know that every hour of sleep you have has specific benefits for the skin?

A person lying on a bed

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If you’re not getting enough sleep, the body produces cortisol. This stress hormone can trigger inflammation and stress within the body, which has a direct impact on the skin. So, getting a good night’s sleep is paramount to improving your skin’s health.

Essential oils can help you to get a great night’s sleep. They are commonly used to create a relaxing, soothing atmosphere. By using sleep-inducing essential oils before bed, you’ll get a much better night’s sleep, giving your skin adequate time to repair itself.

**Reducing inflammation**

Inflammation can cause all kinds of issues for the body. Extreme cases can cause the skin to swell, but generally you’ll experience itchy or painful skin.

A lot of essential oils contain anti-inflammatory properties. This means they can help to reduce swelling, ease itchiness and reduce pain.

**Balancing out oil production**

You might think that adding oil to the skin is a bad idea if you already have excess oil production. However, some essential oils are great for balancing out oil production.

To treat oily skin, you’ll want to choose essential oils which are renowned for their antiseptic properties. These don’t just target the excess oil, they also help to fight off pimples which are a common problem for those suffering with oily skin.

**Moisturizing the skin**

If you want super-soft skin, essential oils can help. It isn’t just some of the oils themselves that help to soften the skin, it’s the carrier oils used too.



Almond oil is often used as a good carrier oil. It has great emollient properties, helping to add a lot of additional moisture. It is also known to be humectant, which basically means it prevents moisture from escaping.

Similarly, coconut oil is another popular carrier oil. It’s one of the best natural moisturizers you can use. So, when it comes to moisturizing, the right essential oils mixed with the right carrier oils, can provide significant moisture benefits.

These are the main ways essential oils can benefit the skin. They have so many amazing benefits when they’re used safely. Although all essential oils have some form of health benefits, not all of them are good for the skin. So, which ones should you be focusing on? Find out the best essential oils to use on the skin in our next blog.

# 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.

A close up of a flower

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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.

A piece of fruit

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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.

# Top Ways to Use Essential Oils to Gain Maximum Skin Benefits

As beneficial as essential oils can be for the skin, they can be potentially harmful if used incorrectly. It’s therefore important to know how to use essential oils for the skin safely if you want to experience the benefits.

A close up of a mans face

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Here, you’ll discover the top ways to use essential oils to gain maximum skin benefits.

**Preparing the oils for use**

Before you use essential oils on the skin, it’s really important to dilute them down. They should never be applied directly onto the skin without first being diluted.

Not only can it irritate the skin, but it can also prove to be dangerous to your health if you apply them directly without diluting them down. You’ll need a suitable carrier oil such as almond or coconut oil to dilute them. Each oil has its own recommended carrier oil it should be diluted with. So, always make sure you research this before using them.

There are also a few safety precautions you’ll want to follow. Carrying out a patch test is highly recommended. This involves placing a little of the diluted oil onto the skin and then leaving it for 24 hours to see whether a reaction occurs. If nothing happens, the oil is safe to use.

If you’re using citrus based essential oils in your skincare routine, you’ll also need to avoid direct sunlight. If you don’t, you could end up with a pretty nasty rash!

**Apply the directly**

When you’re ready to start using the oils, the easiest method is to apply them directly onto the skin. Again, the oils will need to be diluted before applying them directly onto the skin. This really can’t be stressed enough.



If you’re using the oils on your face, be sure to avoid rubbing them in near the mouth, nose and eyes. It’s also a good tip to wash the face first as this will open up the pores, allowing the oil to be better absorbed.

You could also have the oil massaged into the skin. Lavender oil is great for this purpose as it will leave you feeling super-relaxed too.

**Add them to bath water**

Another great way to use essential oils for the skin, is to add them to your bath water. With this method, you don’t really need to dilute them as they will dilute down in the bath water.

Enjoying a nice long soak in essential oil bath water is both relaxing and great for the skin.

**Create your own natural products**

Although it takes a little more effort, you can create your own natural skin care products. Adding essential oils into homemade products can be great for the skin. It’s certainly better for it than the store-bought products you can invest in.

A picture containing food, table, ground, fruit

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You’ll need to do a bit of research to discover how to create your own products. However, you should find that most are pretty straightforward. You’ll usually only need a few ingredients, so it can also work out much cheaper to create your own products than it does to keep buying them.

**Inhaling them**

Now, we’re not talking about breathing the oils in directly from the bottle here. Instead, you’ll need to use them in a diffuser.

Oil diffusers help to safely release the aroma of the oils into the room. As you breathe them in, you receive numerous great benefits. While this can be helpful for the skin, the other methods do tend to be better. This method would best suit those looking to get a great night’s sleep. Using lavender oil for example, will create a relaxing scent, helping you to fall asleep.

As you can see, there are lots of ways essential oils can be used to help the skin. Applying them directly once they’ve been diluted, or creating your own homemade products tend to be the best methods.

# 4 Awesome Homemade Skincare Products Using Essential Oils

If you want to gain maximum skin benefits using essential oils, it’s best to create your own beauty products. Not only will this allow you to get the full essential oil benefits, but it’s also a lot better for the skin than store-bought products.

You’ll find a huge selection of homemade essential oil recipes you can follow online. To help get you started, below you’ll discover 4 awesome homemade skincare products using essential oils you can make yourself. You may be surprised by just how easy it is to make them.

A bottle on the counter

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**1. The Ultimate hydrating face Oil**

If you tend to suffer with dry, dull skin, creating a hydrating face oil is a great solution. While essential oils on their own can work wonders, combine them together and you’ll receive maximum hydration benefits.

A simple yet extremely hydrating face oil you can create uses:

* Jojoba oil – 3 tbsp
* Argan oil – 1 ½ tbsp
* Vitamin E – ¼ tsp
* Geranium oil – 8 drops
* Rosehip oil – 2 tsp
* Carrot seed oil – 4 drops
* Dropper bottle – 2 oz

Add the Jojoba oil first, then add the Argan, rosehip and Vitamin E. Finish by adding the geranium and carrot oil before shaking it together. You should shake the bottle before each use too.

It’s best to cleanse and tone the face before adding this oil. You’ll only need around ¼ to ½ of a dropper of the oil with each use. Simply apply it over the face and leave to absorb.

**2. Soothing Stretch mark cream**

Trying to eliminate unsightly stretch marks? Some essential oils are great at reducing the appearance of these scars. It’s possible to put together your own powerful stretch mark cream, adding a few essential oils for great results.

You’ll need:

* Organic coconut oil – 1 cup
* Vitamin E oil – 1 tbsp
* Frankincense oil – 15 drops
* Lavender oil – 15 drops

Just mix all of the ingredients together well and store in a container. Apply the cream where it’s needed and leave to absorb into the skin.

**3. Lavender breakout mist**

Lavender can be great for controlling breakouts and oily skin. So, why not use this popular essential oil to create a simple yet effective breakout mist?

This is one of the simplest homemade skincare products you can use. All you need is:

* Lavender oil – 4 drops
* Distilled water – ½ cup
* Witch hazel – 1 tsp
* Spray bottle – 4oz

Add the water to the bottle, before adding the lavender and witch hazel. Gently shake it to mix the ingredients together and use to spritz over the face whenever breakouts appear.

A bottle on a wooden table

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**4. Effective spot treatment**

There are numerous essential oil treatments you can use to combat spots and blemishes. This one should be applied both in the morning and the evening and it requires the following ingredients:

* Coconut oil – ¼ cup
* Lemon oil – 10 drops
* Lavender oil – 10 drops
* Tea tree oil – 10 drops
* Mason jar – 4oz

A picture containing table, cup, sitting, indoor

Description automatically generatedStart by softening up the coconut oil in the microwave. This should only take around 10-15 seconds. Then, stir in the oils before placing the mixture in the refrigerator to set. It’s important to note that you shouldn’t use a metal utensil to mix the ingredients together as this can lessen the strength of the oils. Once set, use twice daily.

These are just 4 great homemade essential oil recipes you can use. If you look online, especially on sites such as Pinterest, you’ll be able to find hundreds of homemade recipes to combat all kinds of skin troubles.

It’s important to follow the directions carefully; particularly if you’re a beginner to creating your own products. If you don’t, the oils may not be safe to use on the skin.

# 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.

A close up of a bottle

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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.

A picture containing wall, indoor, floor, living

Description automatically generated

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.