**Social Media Posts How Do Essential Oils Benefit the Skin?**

**Facebook:**

**1.** TIP: You can use some essential oils to help heal your skin naturally. Look out for oils which feature anti-inflammatory and anti-septic properties. LINK

**2.** TIP: Did you know that essential oils can work to remove excess oil from the skin? This is down to their oil production balancing properties. LINK

**3.** TIP: Essential oils can benefit the skin in numerous ways. Lavender oil for example, can promote better sleep, naturally helping to make the skin healthier. LINK

**4.** TIP: Keep the skin feeling nice and soft with essential oils. When diluted down with the right carrier oils, they can prove really beneficial for dry skin. LINK

**5.** TIP: Essential oils can help to eliminate inflammation. A lot of oils contain anti-inflammatory properties. LINK

**Twitter:**

**1.** Repair damaged skin naturally with essential oils LINK

**2.** Essential oils can be used to balance out oil production in the skin LINK

**3.** Mixing essential oils with the right carrier oil moisturizes the skin LINK

**4.** Many essential oils contain anti-inflammatory benefits for the skin LINK

**5.** Essential oils can aid in a good night’s sleep – great for the skin LINK