**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.

**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?

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.