**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.

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.

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.

**Complementary email**

**Complementary blog post:** Top Ways to Use Essential Oils to Gain Maximum Skin Benefits

**Subject:** New post – Discover the top ways to use essential oils on the skin

{Hello Firstname}

Now that you’ve learnt about the benefits essential oils can deliver, and the best ones to use, it’s time to learn *how* to use them.

There are different methods you can use to add essential oils into your routine. It’s really important to understand these different methods so you can ensure you’re using the oils safely.

In today’s post, I’ll show you some of the different ways essential oils can be used to gain maximum skin benefits. If you’re unsure how to use essential oils properly, you won’t want to miss this blog.

LINK

Discover how to safely apply the oils directly onto the skin. I’ll also show you other great methods such as inhaling them, using them in the bath and using them to create your own skincare products.

Don’t miss this awesome post!

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1. TIP: Before you use essential oils, it’s crucial you dilute them. Applying them directly onto the skin without diluting them can be potentially dangerous. LINK

2. TIP: Always carry out a patch test when using essential oils on the skin. Apply to a small area then leave for 24 hours to see if there’s any reaction. LINK

3. TIP: Provided you’ve diluted the essential oils properly, it’s possible to apply them directly onto the skin. LINK

4. TIP: Adding essential oils to your bath water is a great way to gain maximum skin benefits. LINK

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