

# FACIAL OILS

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Skincare products clean, feed, repair and protect your skin. We can buy them commercially or create our own.

Although base oils can be used as a cleansing agent the focus here is using them as a massage medium and replacement for a moisturiser to hydrate.

Base oils have different properties; can be used as a single ingredient, mixed with other base oils or you can add essential oils.

Sweet almond and grapeseed oil are both widely available, reasonably priced and suitable for all skin types. However they absorb slowly into the skin so some people may not find them suitable for daily use and limit their use to facial massage. Consider utilising them in your nightly routine, just add your choice of essential oils if desired.

Essential oils are active ingredients that will bring about changes in the skin such as cell renewal, self-regulation and inhibiting bacteria.

There are a multitude of oils to choose from, those listed here are ones that are most useful in your 'essentials' kit if you choose to utilise aromatherapy on a regular basis (see aromatherapy leaflet for further information).

The table below is simply a guideline, if for example you only have lavender essential oil use 5 drops to 50ml base oil as it is an extremely versatile oil, suitable for all skin types and will help in a variety of conditions.

The exception to this is bergamot and lemon never exceed 1 drop per 50ml, when creating your own skincare.

The information provided is based on skin types. If you have a skin disorder such as acne, eczema, dermatitis etc. consult a dermatologist, aromatherapist who specialises in skincare and/or a nutritionist.

## **dry skin:**

It is important to exfoliate as part of your skin regime, removing dead skin cells will give skin radiance and help absorption of facial oils.

## **oily skin:**

Although seemingly contradictory a facial oil is ideal for this skin type. They hydrate the skin and trick it into thinking that it has produced enough oil.

Avoid using products that 'strip' the skin, such as those that are alcohol based as they actually encourage the skin to produce more of its natural oils.

## **conditions:**

Factors that can temporarily affect your skin; diet, exercise, hormone levels, medication, stress and weather. Consider these when your skin deviates from your 'norm'.



					2 drops	3 drops	5 drops
all skin types		20ml jojoba	30ml peach kernel				lavender
combination	10ml choose: calendula hazelnut	10ml jojoba	30ml peach kernel		choose: geranium lavender	choose: cedarwood sandalwood	
dry or mature	10ml choose: apricot kernel argan avocado rose hip	10ml jojoba	30ml peach kernel		choose: chamomile lavender	choose: rose sandalwood	
sensitive	10ml choose: apricot kernel rose hip	10ml jojoba	30ml peach kernel		choose: chamomile lavender	choose: rose sandalwood	
				1 drop : autumn/ winter	2 drops : spring/ summer	3 drops	
oily	10ml choose: calendula hazelnut	10ml jojoba	30ml peach kernel	choose: bergamot lemon <b>plus</b> choose: geranium lavender	choose: geranium lavender	choose: cedarwood sandalwood	

This is a limited selection of base and essential oils as a starting point that will be beneficial for most people but you may need to explore further to address your specific needs.