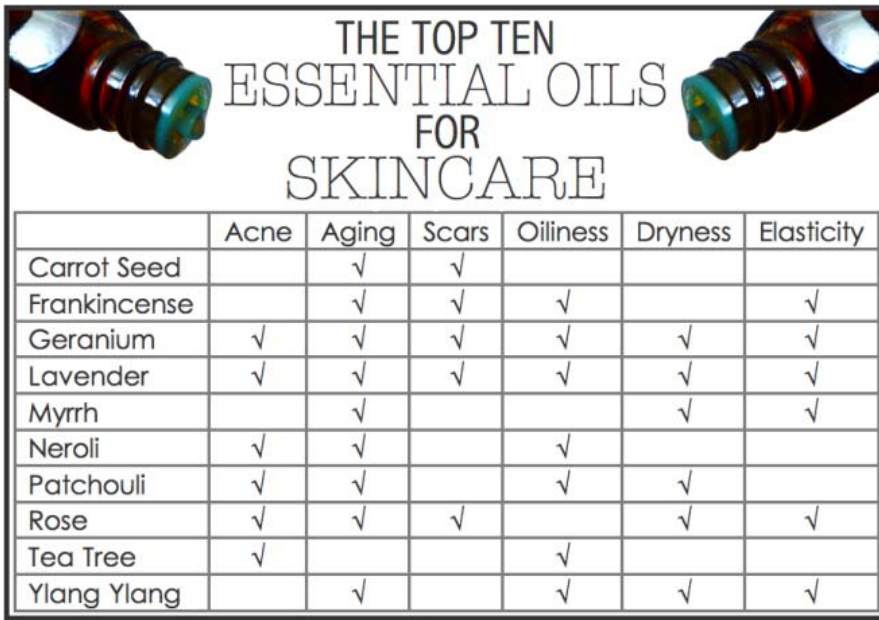


Top 10 Essential Oils for Skin Care



	Acne	Aging	Scars	Oiliness	Dryness	Elasticity
Carrot Seed		√	√			
Frankincense		√	√	√		√
Geranium	√	√	√	√	√	√
Lavender	√	√	√	√	√	√
Myrrh		√			√	√
Neroli	√	√		√		
Patchouli	√	√		√	√	
Rose	√	√	√		√	√
Tea Tree	√			√		
Ylang Ylang		√		√	√	√

Carrot Seed Essential Oil

[Carrot Seed essential oil](#) has a rejuvenating effect on the skin. It not only works to help smooth skin, but assists with cell regeneration. For this reason, it can help to fade scars and improve the tone of aging skin. Carrot seed oil also has a natural SPF of 38-40: dilute with a carrier oil and use it as a 100% natural sunscreen lotion or spray (or add 5ml to a bottle of Young Living Genesis Hand & Body Lotion).

Frankincense Essential Oil

[Frankincense essential oil](#) has antibacterial and anti-inflammatory

benefits to the skin, making it ideal for acne-prone skin. It is also a natural toner, decreasing the appearance of pores and evening skin-tone. It is cytophylactic, which means that it helps protect existing cells and encourage new cell growth. For this reason, it helps reduce wrinkles, tighten skin, and reduce the appearance of scars. It also helps soothe chapped, dry skin.

Geranium Essential Oil

[Geranium essential oil](#) helps regulate oil production and reduces acne breakouts. It also helps improve skin elasticity and tighten skin, reducing the appearance of wrinkles. It also promotes blood circulation to the areas where it is applied, helping to heal bruises, broken capillaries, burns, cuts, dermatitis, eczema, ringworm, and other skin conditions. This baby does it all!

Lavender Essential Oil

[Lavender essential oil](#) is one I suggest no one goes without — it smells amazing, helps you relax and your body adapt to stress, and has great benefits for the skin. It helps regenerate skin cells so is great for mature skin, sun spots, and scarring. Another great oil for all skin types and needs.

Lemon Essential Oil

~~[Lemon essential oil](#) is a wonderful natural astringent and antibacterial. As such, it is extremely beneficial to those with oily and acne-prone complexions. It also helps tone the skin and reduce the appearance of pores.~~

May 30, 2015 update: lemon essential oil was removed from this top 10 list (and replaced with rose below) because of phototoxicity concerns (that is, it can make your skin sensitive to the sun). You can still use it in your skincare regimen, though, and advise anyone else doing so to be sure to use a sunblock during the day.

Myrrh Essential Oil

[Myrrh essential oil](#) greatly benefits aging skin. It has strong anti-inflammatory properties that help improve skin tone, firmness, and skin elasticity, reducing the appearance of fine lines and wrinkles. Myrrh can also help heal sun damage, chapped skin, rashes, and eczema.

Neroli Essential Oil

[Neroli essential oil](#) is great for oily, sensitive, and mature skin. It helps to smooth fine lines and tone sagging skin. This rejuvenating oil contains a natural chemical called citral, which helps regenerate cells. For this reason, it is said to be very good at preventing and healing stretch marks, as well. Its antiseptic properties also balance oil production and shrink the appearance of pores without drying skin.

Patchouli Essential Oil

[Patchouli essential oil](#) is particularly great for aging skin. It promotes new cell growth and smooths the appearance of fine lines and wrinkles. Because it also has antiseptic, antifungal, and antibacterial properties, it can also benefit skin conditions such as eczema, dermatitis, psoriasis, and acne.

Rose Essential Oil

[Rose essential oil](#) is especially great for dry or aging skin. Researchers have found that it contains several therapeutic compounds known to promote healing, especially antimicrobial and anti-inflammatory compounds. As a result, rose essential oil helps refine skin texture and tone, and can be helpful with managing skin conditions such as psoriasis and dermatitis. Interestingly, one study even found that inhaling rose essential oil inhibits water loss in the skin and lowers the concentration of the stress hormone cortisol in the body (stress has a profound impact on your skin!).

Tea Tree (Melaleuca Alternifolia) Essential Oil

[Tea tree essential oil](#) is one of the more well-known essential oils for acne-prone skin. Its antibacterial properties help ward off acne-causing bacteria. It also helps to regulate oil production, which can decrease the severity and incidence of breakouts.

Ylang Ylang Essential Oil

[Ylang Ylang essential oil](#) is one of my favorite essential oils because of its rich, floral fragrance. It helps to control oil production and minimize breakouts. It also helps regenerate skin cells, smoothing fine lines and improving skin elasticity. Another great essential oil for every skin type.

Important essential oil guidelines to remember:



Use only pure therapeutic grade Young Living Essential Oils, diluted in a carrier oil no more than 5% (since 1 ml is 20 drops, for every 1 ml of carrier oil, adding 1 drop of EO = 5%). Full strength oils can often be used for spot applications and blemishes. Do a patch test to make sure your skin does not have an adverse reaction (the inner forearm is best since the skin is delicate, similar to facial skin).

Certain essential oils should be avoided by pregnant women, infants, and young children, so be sure to do your homework beforehand.