

How To Make Your Own Essential Oil Skin Care Remedies

To make your own essential oil skin care recipes is quite simple....if you know a few basic concepts. Before you start your own essential oil skin care remedy the most important thing to be aware of is your unique skin type. You should base your essential oil recipes on one of four skin profiles; normal or combination skin; dry or mature skin; sensitive skin; oily or problem skin. I have listed below the best essential oils to use with each skin type along with 4 simple strategies you can use today to apply these remedies. Using essential oils as the basis for herbal remedies is not a new concept. Did you know essential oils have been used by many indigenous populations across the world for thousands of years? Essential oils are derived from roots, seeds, leaves, and skins of the plants. In fact, the essential oils contained within plants and flowers is what gives them the scents and fragrances that we all know and love. What makes essential oils such a great alternative to toxic synthetic oils used in most mainstream cosmetic and skin care products? Simple, essential oils contain hormones, vitamins, and other natural elements are found within essential oils. Even though the oils vary in concentration when in their natural form they are nevertheless are therapeutic in nature. Nobody knows exactly how essential oils work, but we do know that they are absorbed through the skin and into the bloodstream. The best places on the skin to administer essential oils are on the face, behind the ears, the eyelids, and inside the wrist. These areas on the skin are thin, which allows for easier absorption. To make your own essential oil recipes work effectively you first have to know what skin profile you have. Here are the four major skin profiles and the essential oils appropriate for that skin type. Know Your Skin Type

- 1. Normal or Combination Skin:** If you have normal or combination skin make your own essential oil skin care recipes using these oils: Calendula Essential Oil - soothes, heals and restores Chamomile Essential Oil - anti microbial, calms and restores Marshmallow - softens, revitalizes and hydrates Olive Leaf - repairs, tones, firms and anti-oxidant St. Johns Wort - moisturizes, refreshes, tones Lavender Essential Oil - soothes, relaxes and regenerates Rose hip Seed - regenerates, moisturizes and heals
- 2. Sensitive Skin:** If you have sensitive skin make your own essential oil remedy using these oils: Chamomile Essential Oil - anti-microbial, calms, soothes St. Johns Wort - moisturizes, astringent, refreshes, Witch hazel - drains, astringent, anti-free radical Carrot Seed - regenerates, tones and heals German Chamomile - anti-bacterial and wound-healing Rose hip Seed Oil - regenerates, moisturizes, heals
- 3. Oily or Problem Skin:** If you have oily or problem skin make your own essential oil recipes using these essential oils. Echinacea - purifies, stimulates, calms Plantain - astringent, soothing and healing Witch hazel - drains, astringent, anti-free radical, Tea Tree - astringent, regulates and repairs Lemon Myrtle - astringent, anti-bacterial and repairs Jojoba - nourishes, moisturizes, anti-free radical
- 4. Dry or Mature Skin:** If you have dry or mature skin make your own essential oil recipes using these oils: Gotu Kola - anti-wrinkle, anti-aging, heals Organic Hops - stimulates, tones, dark circle treatment Nettle - circulation enhancer, anti-inflammatory Geranium Essential Oil - tones, softens, soothes, balances Rose Essential Oil - anti-wrinkle, regenerates Avocado - moisturizes, nourishes Rose hip Seed Oil - regenerates, moisturizes, heals

4 Simple Strategies For Essential Oil Skin Care

Once you make your own essential oil recipes here are some simple strategies for skin care that you can use:

- 1. Make your own essential oil facial compress:** Add two to five drops of essential oil to a basin filled with water, stir, then immerse a clean washcloth. Squeeze out excess water and apply cloth to face.
- 2. Massage your body with essential oil.** Add twenty to twenty-five drops of essential oil to two ounces of canola or other vegetable.
- 3. Drop eight to ten drops of essential oil for your skin profile in the bath.** Use warm water to relax, or cool water to invigorate or calm inflammation.
- 4. Add essential oil to simple moisturizing products,** ten to twenty drops for every two ounces.

About the Author

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