

# very essential oils

SKINCARE PRODUCTS CONTAINING NATURAL OILS ARE TAKING THE BEAUTY INDUSTRY BY STORM.

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It wasn't so long ago that a body massage was the only way to enjoy the soothing effects of cosmetic oils. But now they're popular ingredients on the beauty scene and are used in moisturisers, cleansers, body lotions and makeup because of their properties, scent and benefits.

A variety of oils are known to be beneficial for both dry and oily skin. These oils not only moisturise your skin but also repair and nourish it.

Organic brand Shizen creator Simone Wyndham says oils are found in more products these days as the vitamins, minerals and other nutrients they contain have become more well known. 'With the rise in popularity of natural products and massage, an increasing number of people have been introduced to oils,' she says.

Natural oils can be divided into two categories – essential oils and carrier, or base, oils. An oil is 'essential' in the sense that it carries a distinctive scent, or essence, of the plant from which it is extracted. Essential oils are highly concentrated and used at a very low concentration. Wyndham says they should not be applied directly to the skin.

Carrier oils, such as almond, sunflower and olive, are used in higher concentrations in cosmetics or they can be applied directly to the skin to nourish, soften and protect it. They are used as a base in which essential oils are diluted.

## Skin benefits

Oils have been found to regulate oily skin, shrink large pores, nourish and moisturise the skin, improve sun damage and relieve dry skin.

Wyndham says that when applying face oils your skin fully absorbs the ingredients. 'Think of an oil as a moisturiser without the wax,' she says. 'Face oils when applied to wet skin after cleansing are actually absorbed better than a conventional cream-based moisturiser. This means you won't get any clogging of the pores.'

Many oils have anti-bacterial properties, which helps to reduce infections. Oils such as tea tree, eucalyptus, chamomile, lavender, rose, neroli and ylang ylang are recommended for all skin types for their soothing, anti-inflammatory and healing properties.

If your skin is oily, you probably think it's best to avoid oils. However, your skin can take this as a signal to produce even more. To moisturise, try products with essential oils such as tea tree, basil, eucalyptus or lavender that are known to regulate oily skin and, along with sage and lemongrass oils, to slow down body oil production.

Wyndham says jojoba oil is known to balance oily skin and it is recommended for use on skin prone to breakouts as well as combination skin types. 'By putting jojoba oil on oily skin, it tricks the skin into thinking there is already enough oil, so your skin will produce less,' explains Wyndham. 'The worst thing you can do for oily skin is to strip it of all its oil as the skin will only produce more to compensate.'

## Products to try

1. Bakel Jaluronic Instant Replenishing Formula, \$190
2. Omveda Raksha Oil, \$26
3. Inecto Pure Coconut Oil Glossing Spray, \$14.95
4. Ella Baché Gommage Délicat Exfoliating Gel, \$66
5. L'Erbario Toscano Citrus & Cinnamon Dry Oil, \$23.95
6. Kit Cosmetics Body Oil, \$35
7. Crabtree & Evelyn Triple Milled Soap with Jojoba Oil, \$19.95
8. Shizen Lip Hydrating Serum, \$24.95
9. Shizen Jasmine Face Oil, \$34.95
10. A'kin Lavender Essential Oil, \$10.95