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ESSENTIAL OILS FOR THE SKIN

Firstly, a note on Sebum

In this document, particularly in areas regarding oily, acne prone or dry skin, you will see many referrals to the word Sebum. So what is Sebum? It is the natural oil that is produced in the sebaceous glands of the skin. The body produces it to help to moisturise and protect the skin. Increased production of sebum, especially during puberty is what can lead to greasy, acne-prone skin. Then, as we age, our sebum production naturally declines and this can lead to dry, dehydrated skin. Hormones also play a large roll in how our body produces sebum and medications, certain foods and skincare products can all have an effect on how much or little is produced.

Caution: Always dilute essential oils in a carrier oil or cream before applying to the skin and do a patch test on the forearm to check for allergic reactions first. Always check with a professional before using essential oils for children or while pregnant or breast feeding.

<p>Acne</p>	<p>Thyme, Cinnamon Leaf, Rose, Tea tree and Lavender all have bactericidal properties that have been shown to be effective in killing the P.acnes bacteria. Lavender and Tea tree could also help with easing redness and swelling</p> <p>Lemon oil is good for prevention. Add it to a daily cleanser to help clear the pores and give your skin an antioxidant boost. It can also help promote healing and reduce breakouts.</p> <p>Palmarosa helps to balance the skin's sebum production, reducing oily build up that can lead to acne.</p>
<p>Ageing Skin</p>	<p>Ylang Ylang oil is a good antioxidant, effective in helping to reduce free-radicals and aid skin renewal. It has also been shown to help rebuild proteins and fats in the skin.</p> <p>Neroli could improve skin elasticity, reducing the depth of wrinkles and generating new skin cells.</p> <p>Frankincense is known for its skin toning and scar reducing properties as well as promoting new skin cell growth.</p> <p>Sandalwood naturally contains emollients which help to moisturise as well as having anti-inflammatory properties.</p> <p>Clary sage, Carrot Seed and Rosemary also have antioxidant effects, preventing the breakdown of healthy skin cells.</p> <p>Palmarosa is great for rejuvenation, encouraging healing and skin cell growth.</p>
<p>Burns</p>	<p>Lavender relieves pain, reduces the chance of infection and can help speed up the healing process.</p> <p>Chamomile soothes, hydrates and rejuvenates so could help ease mild burns and sunburn</p> <p>Pine has also been shown to help heal and reduce inflammation and scarring while Peppermint is great for relieving pain and inflammation.</p>



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Balancer	<p>Geranium balances the skin's oils and helps to regulate hydration levels.</p> <p>Lavender hydrates and balances moisture levels in the skin.</p> <p>Neroli can help balance sebum without being drying to the skin.</p>
Cell growth/ regeneration	<p>Frankincense promotes skin cell growth and repair so a good choice for scars.</p> <p>Geranium encourages the removal of dead skin cells, the growth of new skin cells and evens skin tone.</p> <p>Lavender helps to increase collagen and increase tissue regeneration, Neroli, Palmarosa is moisturising and full of nutrients that help to replenish skin cells.</p> <p>Rose oil is rich in antioxidants and essential fatty acids that are essential for cell and tissue regeneration.</p>
Cellulite	<p>The best oils for massaging topically are Grapefruit, Juniper, Cypress, Rosemary and Lemon due to circulation-boosting, diuretic or anti-inflammatory properties.</p>
Cracked, Dry Skin	<p>Geranium encourages the removal of dead skin cells, the growth of new skin cells and evens skin tone.</p> <p>Palmarosa is moisturising and full of nutrients that help to replenish skin cells.</p> <p>Sandalwood encourages moisture in the skin.</p> <p>Patchouli helps to soothe and heal chapped skin while protecting it with its antibacterial and anti-fungal properties.</p>
Dehydrated/ Dry Skin	<p>Carrot Seed contains Vitamin E to help moisturise and Vitamin C to protect.</p> <p>Chamomile helps to encourage hydration and revitalisation.</p> <p>Sandalwood encourages moisture in the skin.</p> <p>Lavender helps to balance, hydrate and repair dry skin.</p> <p>Palmarosa is moisturising and full of nutrients that help to replenish skin cells.</p> <p>Jasmine helps to lock in moisture while soothing irritated, itchy skin.</p> <p>Rose oil is hydrating and full of vitamins and antioxidants to help revitalise skin.</p>
Deodorant	<p>Bergamot is a great option, being antibacterial, antiseptic, antimicrobial, anti fungal and a natural deodoriser.</p> <p>Cypress is a natural antiperspirant and deodoriser.</p> <p>Geranium is an antibacterial hormone balancer.</p> <p>Lavender is antibacterial and anti-fungal while also soothing and nourishing dry, itchy skin.</p> <p>Parsley oil is antimicrobial and contains chlorophyll which is known to deodorise and neutralise body odour.</p> <p>Litsea Cubeba (May Chang) has a strong, citrus aroma and is highly antiseptic, making it a good option for a deodorant blend.</p> <p>Neroli and Patchouli are both antibacterial and act as a good natural deodorant.</p> <p>Tea tree has a wide range odour busting abilities with its antiseptic, anti fungal, antimicrobial, and antibacterial properties.</p> <p>Clary Sage is not only antiseptic, it can also balance hormones, tighten pores and help sooth irritated skin from razor burn.</p>



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<p>Eczema & Dermatitis</p>	<p>Chamomile is known for its soothing properties and both anti-inflammatory and antioxidant.</p> <p>Geranium balances the skin's oils and helps to regulate hydration levels and soothe dry skin.</p> <p>Juniper oil is anti-inflammatory and can help to ease itchy, irritated skin, speed up the healing process and help protect the skin from infection.</p> <p>Lavender is known for its antiseptic abilities as well as easing irritation and reducing dryness. It could also help ease stress which can be a cause of eczema flare ups.</p> <p>Palmarosa is moisturising and full of nutrients that help to replenish skin cells.</p> <p>Peppermint has anti-inflammatory and antiseptic properties but its menthol content also helps to cool and sooth symptoms and reduce itching.</p> <p>Frankincense helps to soothe, heal and repair damaged skin.</p> <p>Benzoin can help with healing and reduce redness, itching and irritation.</p> <p>Sandalwood is one of the best oils for skin complaints with its moisturising, antiseptic, antibacterial, anti-inflammatory, anti-itching, soothing and pain relieving properties.</p>
<p>Elasticity</p>	<p>Neroli is known for increasing elasticity and rejuvenating skin cells.</p> <p>Geranium boosts elasticity by repairing collagen.</p> <p>Benzoin is thought to improve elasticity and reduce fine lines and wrinkles.</p> <p>Carrot seed could also boost collagen production and skin elasticity.</p> <p>Myrrh oil promotes oxygenation in the tissues increasing flexibility and elasticity.</p>
<p>Fungal Infections</p>	<p>Tea Tree is a popular an effective anti-fungal used by natives for generations and even soldiers with trench foot during war.</p> <p>Oregano oil is a powerful anti-fungal that is thought to be stronger than many products currently on the market. (Avoid on broken skin)</p> <p>Lemongrass also has effective anti-fungal properties.</p>
<p>Inflammation (Skin)</p>	<p>These all have anti-inflammatory properties that can be of benefit to the skin. Patchouli, Chamomile, Lavender, Sandalwood, Rosemary, Cinnamon Leaf, Basil, Lemongrass.</p>
<p>Insect Bites</p>	<p>Lavender is soothing, calming and antiseptic. It can also be applied undiluted without a carrier.</p> <p>Chamomile is known for its ability to calm, soothe and reduce inflammation as well as reduce redness and itching.</p> <p>Peppermint is cooling and soothing for reducing itching and relieving pain.</p> <p>Tea tree reduces pain, swelling and itching while killing bacteria reducing possible infection.</p> <p>Rosemary can also reduce inflammation, pain and protect from infection.</p> <p>Lemongrass is another anti-inflammatory that is also anti-microbial reducing the risk of insect borne infections.</p>





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Oily skin	<p>Clary sage is excellent for controlling excess sebum.</p> <p>Rosemary contains esters which help prevent or reduce excess sebum production.</p> <p>Geranium balances the skin's oils and helps to regulate hydration levels.</p> <p>Neroli can help balance sebum without being drying to the skin.</p> <p>Lemon tightens pores and regulates natural sebum production.</p>
Scars	<p>Frankincense promotes skin growth and repair and tightens and tones skin.</p> <p>Geranium promotes new skin cell growth and evens skin tone.</p> <p>Lavender promotes collagen production, tissue regeneration, skin healing and wound closure reducing the chances of leaving scar.</p>
Sensitive Skin	<p>Lavender, Frankincense, Sandalwood are considered gentle enough for sensitive skin. Avoid acidic ones such as Lemongrass or Lemon</p>
Thread Veins & Varicose veins	<p>Lavender has been shown to help relieve inflammation and pain.</p> <p>Frankincense is another oil that can help with this. Yarrow has been used for centuries to ease symptoms.</p> <p>Cypress and Rosemary oils can stimulate blood circulation and encourage blood flow, helping to reduce swelling and heaviness.</p>
Wounds	<p>Tea tree, Lavender, Oregano, Yarrow and Hypericum have all been used for centuries and shown in studies to aid healing and reduce infection.</p>
Wrinkles	<p>Research done on Rosemary oil and Ylang Ylang oil showed both these oils to be good antioxidants, effective in helping to reduce free-radicals and aid skin renewal.</p> <p>Neroli could improve skin elasticity, reducing the depth of wrinkles and generating new skin cells.</p> <p>Frankincense is known for its skin toning and scar reducing properties as well as promoting new skin cell growth.</p> <p>Sandalwood naturally contains emollients which help to moisturise.</p> <p>Lavender promotes collagen production and tissue regeneration.</p> <p>Palmarosa is moisturising and full of nutrients that help to replenish skin cells.</p> <p>Carrot Seed contains Vitamin E to help moisturise and Vitamin C to protect.</p> <p>Rose oil is hydrating and full of vitamins and antioxidants to help revitalise skin.</p> <p>Rosewood is often used to help repair damaged collagen and stimulating blood circulation.</p>

