

## BEAUTY > ECO-ETHICAL BEAUTY

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### THE GOOD OIL

*The botanical ingredients in facial oils can work wonders to revitalise your complexion and lift your mood.*

BY MILLY NOLAN | MAR 04, 2009

If your skin is oily and prone to breakouts, oil is probably the last thing you'd think of putting on your face. However, the latest rejuvenating facial oils designed for all skin types may have you rethinking your beauty routine.

Used for centuries to beautify the complexion, botanical oils are the most effective way to deliver maximum nutrition and hydration to the skin while normalising and regulating the skin's own oil (sebum) production.

Plant-based facial oils containing concentrated plant extracts, including essential oils, are instantly absorbed into the skin and penetrate deep into the dermis (the layer under the epidermis) without leaving any sticky or greasy residue. Mineral oils, on the other hand, are not as easily absorbed and tend to remain on the surface of the skin, giving little benefit at a deeper cellular level.

While facial oil is appropriate for all skin types, Clare Dickens, business manager of More Than Skin in Auckland, recommends having your complexion analysed by a skin therapist before using a facial oil to ensure you choose the right one. If you have oily skin, for example, jojoba oil and hazelnut oil are good base oils, as jojoba helps to balance sebum production while hazelnut is slightly astringent. Dry skin can benefit from the soothing effects of almond (base) oil and neroli (essential) oil, which are both emollient to the skin.

Facial oil can be used morning and night. Apply it to dry, cleansed skin instead of your normal moisturiser or use it under your moisturiser for an added boost of nourishment.

Neelu Ameen, director of Tamara Spa in Auckland, says the best way to apply facial oil is to put a dot of the oil on your forehead, each cheek, your chin and your neck. Gently massage the oil into your skin, starting from your neck. Use upward strokes in a circular motion.

"It's important to massage the oil into the skin so it can reveal and release its benefits," Ameen says. Massage the oil into your neck and face using both hands, to fully nourish the skin, stimulate blood flow, reduce facial tension and encourage an overall sense of wellbeing as you inhale the aroma of the oil.

Your skin will instantly feel softer and look more radiant after a facial oil massage, so make it a weekly ritual.

*Note: check with your doctor before using any products containing essential oils during pregnancy.*



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