



The Most Common Essential Oils for Skin and Their Uses

| <i>Basil</i> | <i>Clary Sage</i> | <i>Claves</i> | <i>Eucalyptus</i> |
|---|--|--|---|
| <ul style="list-style-type: none"> ♥ Enhances the luster of dull-looking skin and hair. ♥ Improves the tone of your skin. ♥ Treats the symptoms of acne and other skin infections. | <ul style="list-style-type: none"> ♥ Reduces skin inflammation and heals rashes ♥ Balances and regulates the production of natural oils in the skin ♥ Reduces both oily and dry skin and makes your skin look young and beautiful | <ul style="list-style-type: none"> ♥ Possess anti-inflammatory and pain-killing properties ♥ Reduces the inflammation caused by edema <ul style="list-style-type: none"> ○ (Used in my Diabetic Pain Relief Salve) | <ul style="list-style-type: none"> ♥ Reduces joint and muscle pain ♥ Analgesic and anti-inflammatory in nature ♥ Aids rheumatism, lumbago, sprained ligaments and tendons, stiff muscles, aches, fibrosis and even nerve pain |
| <i>Frankincense</i> | <i>Geranium</i> | <i>Ginger</i> | <i>Lavender</i> |
| <ul style="list-style-type: none"> ♥ Makes the scars of boils, acne, stretch marks, surgery marks, and pox on the skin fade ♥ It can help you to eliminate sunspots, remove micro-wrinkles around the eyes and cheeks, and tone and tighten skin ♥ Replaces old or dying cells with new, healthy ones! | <ul style="list-style-type: none"> ♥ Tightens facial skin and slows down the effects of aging ♥ Helps in the treatment of acne, dermatitis and skin diseases. ♥ Reduce the presence of wrinkles by tightening the facial skin | <ul style="list-style-type: none"> ♥ Reduces inflammation ♥ Analgesic in nature and reduces the pain caused by muscle aches, arthritis, rheumatic conditions. ♥ Helps in pain relief <ul style="list-style-type: none"> ♥ (Used in my Diabetic Pain Relief Salve) | <ul style="list-style-type: none"> ♥ Antiseptic and antifungal properties ♥ Treats various skin disorders such as acne, wrinkles, psoriasis, and other inflammatory conditions ♥ Used to speed up the healing process of wounds, cuts, burns, and sunburns because it improves the formation of scar tissues |
| <i>Lemon</i> | <i>Orange</i> | <i>Oregano</i> | <i>Patchouli</i> |
| <ul style="list-style-type: none"> ♥ Increases the luster of dull skin ♥ Astringent and detoxifying in nature ♥ Rejuvenates sagging or tired-looking skin ♥ Helps in treating pimples and various skin disorders | <ul style="list-style-type: none"> ♥ Serves as a detoxifier ♥ Helps to treat acne and dermatitis ♥ Improves the appearance of the skin in the case of acne or eczema | <ul style="list-style-type: none"> ♥ Disinfectant and antibacterial properties ♥ Often used for treating bacterial infections on the skin or in wounds | <ul style="list-style-type: none"> ♥ Astringent property, tightening the loose skin associate with wrinkles. ♥ Particularly good at regenerating new skin cells, thus keeping the skin looking healthy, young and vibrant |
| <i>Peppermint</i> | <i>Rose</i> | <i>Rosemary</i> | <i>Spearmint</i> |
| <ul style="list-style-type: none"> ♥ Contains menthol, which is good for the skin because it creates a cooling sensation ♥ Nourishes dull skin and improves the texture of oily or greasy skin | <ul style="list-style-type: none"> ♥ Tones and lifts skin ♥ Makes the scars of boils, acne, stretch marks, surgery marks, and pox on the skin fade ♥ Antioxidant speeds up the healing processes of the skin ♥ One of the best oils to give you shining, fresh and youthful skin | <ul style="list-style-type: none"> ♥ Antimicrobial and antiseptic qualities that make it beneficial in efforts to eliminate eczema, dermatitis, oily skin, and acne ♥ Helps in toning your skin and removing dryness ♥ Gives your skin a healthy, even glow | <ul style="list-style-type: none"> ♥ Helps treat itching, athlete's food, dermatitis, insect bites, and other skin conditions ♥ Has antiseptic properties so it can protect wounds and ulcers from infection and even help them heal faster |
| <i>Tea Tree</i> | <i>Ylang Ylang</i> | © JBHomemade.com | |
| <ul style="list-style-type: none"> ♥ Astringent properties can tone the skin and muscles to give you a younger look ♥ An excellent treatment for acne ♥ Just as effective as benzoyl peroxide, but without the negative side effects like redness and peeling ♥ Can also treat minor wounds, encourage healing, and prevent infection | <ul style="list-style-type: none"> ♥ Has been proven to help regulate the production of sebum, an oily substance secreted by the sebaceous glands, to protect your skin from drying out ♥ Maintains skin moisture, Clears and heals acne ♥ Has antimicrobial properties that can help reduce skin irritation and redness. |  Source: organicfacts.net | |