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The 6 Best Essential Oils For Dry Skin



Moisturizers aren't the only remedy for dry skin. There are many ways to replenish your skin's moisture with lightweight, hydrating ingredients. The best essential oils for dry skin don't just moisturize; they also calm and soothe the skin, leaving a lasting effect that won't rub off easily throughout the day.

Applying heavy lotions isn't always the answer to dryness. Oftentimes, a formula that's too rich will sit on top of the skin, without penetrating deep enough to relieve dryness — but that's not the case with some lighter essential oils. However, it is important to note that nearly all essential oils should be heavily-diluted with a carrier oil before application. "A carrier oil is simply a fatty oil usually derived from the seeds, nuts or kernels of a plant," says **Sheel Desai Solomon**, board-certified dermatologist. "Carrier oils are used to dilute essential oils and carry them onto your skin. Dilution with a carrier oil does not dilute the effect of the essential oil, and is a great way to prevent waste due to excessive application ... Essential oils should be diluted in a 3 to 5 percent solution."

6. The Best For Sensitive Skin

Amazon

Aura Cacia Essential Oil, Roman Chamomile, \$10, Amazon

"No matter what variety of essential oil you're using, you should never apply it directly to the skin," says Dr. Desai Solomon. "Essential oils are incredibly concentrated sources of antioxidants, polyphenols, and other naturally-occurring substances ... Diluting the essential oil in a soothing carrier oil like jojoba, argan, or almond oil allows your skin to experience the benefits of the essential oil without the risk of injury."

This essential oil, which combines both chamomile and jojoba, already comes pre-mixed in its carrier oil. Chamomile has natural, gentle cleansing properties that are anti-microbial and anti-inflammatory, and jojoba oil makes a great carrier because it's lightweight and virtually odorless. This blend can be applied as a night serum to nurture the skin, or added to heavier oils like coconut.

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