

RELEVANCE OF USING ESSENTIAL OILS TO TREAT ACNE

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Acne– it's inflammation, infection and congestion of the follicles, causing an eruption (whiteheads, blackheads, pustules, nobules or cysts) in the skin. As professionals would point out, cause is not so easy to determine. There are several factors involved, with the conditions being different for teenage acne, mostly related to the rise of the androgen hormone during puberty, and adult acne, also having a relationship to hormonal balance, though the cause of the imbalance is quite different.

Essential oils are one of the most effective natural weapons against acne. Topical use of a few specific essential oils can be a first line defense against the bacteria that cause pimples to form. There are also natural skin toning oils that help to close the pores so acne-causing debris are unable to cause inflammation.

Essential oils in general contain some excellent antibacterial properties. However, some of them are not suitable for use on the skin because of their volatile nature. They may either burn the skin or need to be diluted to such a weak solution that they lose their effectiveness. Some of the most powerful antibacterial oils that are also safe and gentle enough for topical use are rosewood, clove, bergamot, lavender and tea tree oil.

Tea tree oil is popular for skin applications due to its gentle nature and rare occurrence of allergic reactions. Some don't care for its rather medicinal smell while others like the distinct aroma. Prior to its use as an acne remedy, it was primarily used to disinfect scrapes and cuts. It may be used as a natural remedy for athlete's foot due to its excellent antimicrobial and antifungal properties. While tea tree oil has many topical applications, it may not be taken orally.

Lavender is an essential oil that may be surprising to some as an acne treatment. Lavender oil also contains several potent antibacterial compounds. It is gentle enough that it can be used topically on the skin without causing irritation. In the proper dilutions, it can be a wonderful addition to an acne skin care routine. It is also excellent as an additive in natural acne skin care products.

Another essential oil that may be one to consider for oily acne prone skin is lemongrass. Lemongrass has a pleasant lemon scent. It is great for oily skin since it acts as a natural astringent without over drying the skin.

Lemongrass also contains antibacterial and antimicrobial components. This combination of astringent and antibacterial qualities makes it an excellent choice for acne prone skin.