

The Simple Secret To Anti-Aging And Enhancing The Skin

Essential oils can be some of the most excellent choices for those looking for an anti-aging remedy that truly works. Drugs that are sold over the counter can be really expensive, and their side effects can do more harm internally than the external benefits they purport to offer.

Essential oils are concentrated hydrophobic liquids that contain volatile aromatic compounds or extracts from plants. These oils have numerous beneficial properties such as anti-wrinkle properties, anti-inflammatory, and antibacterial properties.

They are great for rejuvenating the skin, regenerating skin cells, improving skin elasticity, and healing bruises, cuts, burns, acne, blemishes, and other skin conditions. These natural oils are truly a the simple secret to anti-aging and beautifying the skin.

Here Are 5 Essential Oils That Are The Best For Anti-aging and Skincare:

Sandalwood Oil

Sandalwood oil is a powerful moisturizing agent that helps to soften dried-out skin and eliminate wrinkles and fine lines that develop around the eyes. The oil from this herb also promotes the regeneration of new skin cells. Sandalwood oil is packed with sesquiterpene compounds that enhance blood circulation, which is known to make the skin look smoother.

Frankincense Oil

Frankincense oil has anti-inflammatory and antibacterial benefits on the skin, which makes it ideal for skin that is prone to acne. Besides these properties, it is a natural toner. This makes it great for reducing the appearance of the skin's pores and evening the skin tone. Additionally, frankincense oil is cytophylactic. This means that it aids protecting existing skin cells, as well as encouraging the growth of new ones. Due to this reason, Frankincense oil works well to tighten the skin, reduce wrinkles and the appearance of scars, and soothes chapped, dry skin.

Carrot Seed Oil

Carrot seed oil is great for rejuvenating the skin. Not only does it help to make the skin smoother, but also helps to regenerate skin cells. Due to this reason, carrot seed oil is great for helping to fade scars, as well as improving the tone of aging skin.

Lavender Oil

Lavender oil is one of the most beneficial essential oils for all skin types. First off, it has an amazing smell and helps to relax the body and to adapt to stress. Moreover, it has wonderful benefits on the skin as it helps to regenerate skin cells. This makes it ideal for mature skin, scarring, and sun spots.

Neroli Oil

Neroli oil offers several benefits for oily, sensitive and mature skin. It is great for smoothing fine lines and toning sagging skin. Additionally, this rejuvenating essential oil contains citral, a natural chemical that helps to regenerate skin cells. Due to this reason, it is known to be work exceptionally well in healing and preventing stretch marks. It also has antiseptic properties that help to balance oil production and reduce the appearance of pores without making the skin too dry.

How To Apply Essential Oils

Applying essential oils is simple. First, buy a small bottle of each of the above mentioned essential oils and prepare an essential oil blend that suits your skin's special needs. These oils can be found in health food stores and on the internet. When preparing the blend, put between two and four drops of each essential oil in the mix. Be sure to use essential oils that are 100% pure for the best and fastest results. Because of how potent essential oils are, some oils may cause skin sensitivity. To avoid this, dilute the mixture by adding a carrier oil (such as olive or coconut oil). Apply the essential oil blend by gently massaging your face and neck. I recommend doing this 2-3 times per day. You will start seeing results in about a few days to about a week. Essential oils work quickly and effectively.

Conclusion

This is the perfect natural remedy and is free from drug-like side effects. The properties that are found in essential oils are so potent and effective that it truly makes them the simple secret to keeping your skin youthful and beautiful.

About the Author:

Max Joseph is the CEO and Owner of [Essential Oil Advocate](#), a blog dedicated to offering free educational content to help people with their health concerns and goals using natural remedies.

