

The truth about facial oils

The what, the why and the how about the product. With our most popular myths debunked.

Section: Product stories

What are oils?

Facial oils are liquid skincare products for the face. They're designed to be used as a final step to seal in moisture. This might be confusing for those of us who were told to layer products from thin to thick. Facial oils also have active ingredients. Humans were using emu oil for skincare around 40,000 years ago. We'll stick to cold-pressed marula.

Why are facial oils important?

Soothe and seal

Facial oils leave you feeling smooth and pampered, but their real power is in the way they build the skin barrier and lock in moisture.

“You can use facial oil instead of moisturiser”

Dual power

As the name suggests, moisturisers are great at getting water into the skin. Facial oils are designed to lock that moisture in. Use facial oil without a moisturiser and you'll have nothing to keep in.

“You can't use facial oil every day”

Yes you can

Make a good facial oil part of your routine, using it to seal in moisture at night. Dry skin types can benefit from a drop or two in the morning to create a smoother, more hydrated surface for makeup.

“Facial oil makes your skin too oily”

A question of balance

If you're prone to oiliness and breakouts, you might be hesitant about adding more oils, but this one isn't as simple as it seems. Skin that lacks natural oils can sometimes over-produce. Start with a light natural oil like marula and see how you go.

“Facial oils are a winter thing”

Useful all year

Facial oils are more than a foul weather friend. Your skin needs moisture on dry summer days and pollution, sweat and dirt are year-round issues. So listen to your skin and proceed on a need-to-

nourish basis.

How to incorporate oils into your routine

Morning and night

In the day, apply oil after moisturiser and before sunscreen and makeup. At night, make it your last step.

Try mixing face oil into your moisturise on the back of your hand before applying. You can even add a few drops to primer or liquid foundation for extra glow.