HOLISTIC HEALTH HERBALIST

THE BEST ESSENTIAL OILS FOR YOUR SKIN TYPE

by Tash — 32 Comments

Essential oils can make incredible changes to your skin. Their potent regenerative properties help smooth fine lines and wrinkles, normalize oil, balance PH, and renew dull complexions depending on which ones you use.

THE FOUR BASIC SKIN TYPES

Normal

Having a normal skin type is what everyone wants. The complexion is typically unblemished, smooth, and with just the right balance of oil. The cells appear plump and firm with few wrinkles if any. Redness is mostly unnoticeable and the complexion appears even with little to no blackheads.

A lot of people aspire to attain this skin type, but let's be honest here. Very few of us aside from prepubescent children will ever have near perfect skin. If you are one of these unicorns, I applaud you! All you need to do is *KEEP* it so don't overuse any preparations I discuss below.

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190

3

Dry

When the oil glands are not producing enough oil to keep the skin soft, supple, and balanced, the skin can become dry, prone to fine lines and wrinkles, and flaky.

This skin type can easily become red and irritated and can feel very itchy and sensitive. Inflammation is another common denominator when dealing with dry skin.

Oily

Oily skin is caused by overactive oils glands and imbalanced hormones. Often, this skin type will experience acne breakouts, redness, and inflammation.

The skin will look shiny and at times uneven and blotchy. Blackheads and whiteheads can be abundant in this skin type.

Combination

The worst of both worlds, combination skin is where the t-zone will be quite oils and the cheeks, chin, and jawline are quite dry. Sometimes it is the opposite or

sometimes it is random patches of skin that are oily or dry. The skin appears uneven, blotchy, and is frankly quite annoying to deal with as it breaks out easily and feels irritated.

For this skin type, I recommend the "normal skin type protocol" or the "combination skin type protocol" I discuss below.

THE BEST ESSENTIAL OILS FOR YOUR SKIN TYPE PROTOCOLS

Now that you know which skin type you have, it's time to choose the best facial oil that goes with it. Once you have done so, this is what you need:

- 2 TB of the appropriate facial oil for your skin type
- 30-45 drops of essential oil
- A small dropper bottle

I recommend 30 drops of essential oil for regular treatment and 45 drops of essential oil for intensive treatment. All recipes below follow regular treatment amounts.

THE NORMAL SKIN PROTOCOL

Since you really only need to retain this skin type, the oils I chose are gentle, regenerative, and restoring. They will help keep aging at bay and also keep the skin supple, smooth, and balanced.

Essential Oils for Normal Skin

- Fennel
- Frankincense
- Geranium
- German Chamomile
- Jasmine
- Lavender
- Lemon
- Neroli
- Palmarosa
- Rose

Normal Skin Type Serum Recipe

- 2 TB facial oil (like jojoba, hemp seed, sweet almond, etc.)
- 10 drops geranium essential oil

- 10 drops palmarosa essential oil
- 5 drops chamomile essential oil
- 5 drops lavender essential oil

Loving preparation

- Add the facial oil to a small dropper bottle
- Next, add each essential oil
- Cap tightly and roll the bottle in your palms to mix
- Use morning and night after cleansing

DRY SKIN PROTOCOL

The essential oils for dry skin type are balancing and promote lubrication for the skin. With consistent use, cells will become plump and supple again and redness and irritation will disperse.

Essential Oils for Dry Skin

- Cedarwood
- Geranium
- German Chamomile
- Hyssop
- Lavender
- Myrrh
- Neroli
- Palmarosa
- Patchouli
- Rose

- Rosemary
- Sandalwood

Dry Skin Type Serum Recipe

- 2 TB facial oil
- 10 drops lavender essential oil
- 10 drops rosemary essential oil
- 5 drops hyssop essential oil
- 5 drops myrrh essential oil

Loving Preparation

- Add the facial oil to a small dropper bottle
- Next, add each essential oil one by one
- Cap tightly and roll the bottle in your palms to mix
- Use morning and night after cleansing concentrating on extra dry skin

THE OILY SKIN PROTOCOL

These essential oils have the capacity to balance skin without stimulating sebaceous glands to produce more oil. They will also soothe irritation and

reduce redness.

Essential Oils for Oily Skin

- Bergamot
- Cypress
- Frankincense
- Geranium
- German Chamomile
- Jasmine
- Juniper
- Lavender
- Lemon
- Lime
- Marjoram
- Orange
- Palmarosa
- Rosemary
- Ylang-ylang

Oily Skin Type Serum Recipe

- 2 TB [1] facial oil
- 10 drops geranium essential oil
- 10 drops lemon essential oil
- 5 drops rosemary essential oil
- 5 drops juniper essential oil

Loving Preparation

- Add the facial oil to a small dropper bottle
- Next, add each essential oil one by one
- Cap tightly and roll the bottle in your palms to mix
- Use morning and night after cleansing concentrating on very oily areas

THE COMBINATION SKIN PROTOCOL

Gentle essential oils are key when balancing combination skin types. The oils I chose will balance the skin, restore it, and regenerate fresh new cells for a smoother complexion.

Essential Oils for Combination Skin

- Bergamot
- Fennel
- Frankincense
- Geranium
- German Chamomile
- Jasmine
- Lavender
- Lemon
- Neroli

- Orange
- Palmarosa
- Patchouli
- Rose
- Rosemary

Combination Skin Type Serum Recipe

- 10 drops lavender
- 10 drops orange
- 5 drops bergamot
- 5 drops geranium

Loving Preparation

- Add the facial oil to a small dropper bottle
- Next, add each essential oil
- Cap tightly and roll the bottle in your palms to mix
- Use morning and night after cleansing

Want to know where to get the BEST essential oils? I get mine HERE!

What have been the best essential oils for your skin type?

For more great homemade serum recipes, check out the article below:

Homemade Serum for Acne Prone Skin

Rejuvenating Rosehip Facial Serum

Homemade Serum for Acne Scars and Red Marks

How to Make Your Own Manuka Honey

The Beginners Guide to Essential Oils- Part 1

The Best
Essential Oils
for Your Skin
Type
HolisticHealthHerbalist.com
Normal
Oily
Dry
Combination

Filed Under: Acne, Beauty, Essential Oil Articles, Essential Oil Recipes, Essential Oils
Tagged With: essential oils, essential oils for combination skin, essential oils for dry skin, essential oils for normal skin, essential oils for oily skin

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The Best Remedies You can Buy for Cold and Flu »

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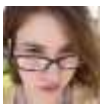
COMMENTS

Nadiya says

hello, thank you for the information its very useful(: oh and because im not from english language based country what is the meaning of TB in “2 TB facial oil” ? (sorry my english is not really good):)

REPLY



Tash says

Hi Nadiya!

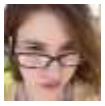
TB means tablespoon ☺ this can also mean 15ml or 15 grams. Hope that helps!

REPLY

Ida Garrett says

I came to your site because I was researching carrier oils. Fabulous page on the details of each, thank you. I am a Clinical Aromatherapist having nearly 800 hours into the study and 12 years experience as an herbalist… I still feel like there is so much more to learn about both, one could spend a lifetime and still be in awe at the amount of information remaining. I am concerned about the dilution percentage that you are suggesting in many of your recipes. The max dermal on many many essential oils would limit one to 6-7 drops or less, this information being widely accepted by the communities of Registered Aromatherapists. Your selection of oils is wonderful and spot on, but the dilution suggestions leave me concerned. There is no graceful way to approach this without it sounding offensive and I certainly do not wish to do that, my purpose is to ensure safety so that the focus then can encompass the benefits to be enjoyed. What concerns me the most is that if we don't combine and form a educated united front and battle the unsafe information, mostly put out by the MLMs for the sake of high usage and subsequent high sales, we face a potential problem with governmental oversight and, as we all know, that would create an environment in which obtaining essential oils would be nearly impossible. I celebrate your enthusiasm for sharing information and only request a review of the dilution suggestions. Rarely will one find, in the world of herbals and oils, that more is better. In fact studies and experience would support the opposite. Namaste, Ida M. Garrett, RN, CAT, MH

REPLY



Tash says

Hi Ida!

Thank you for your concern ☺ There is so much information out there that it can be hard to navigate. Do you have some resources I can look into to further my learning? I'd greatly appreciate it!

REPLY

Sheri Trauman says

Hello Ida,

Do you have a website?? My daughter sells Zija oils and they are so expensive and I was wondering if there are other good oils less expensive. I would like to use them for skincare-

fading sunspots, evening out skintone, moisturizing and basic wrinkle prevention. I just turned 50. I also don't know quantity (drops) and don't want to use a quantity that is ineffective. I have heard frankincense is good. Can you advise me?

Thank you,
Sheri

REPLY

Mamata Nayak says

Thanks for your quick response! I have this Recipe:
1.) Jojoba Oil – one of the most hydrating oils in the world
2.) Vitamin E- provides fat- soluable antioxidants to help age slower
3.) Pomegranate Seed Oil – provides antioxidants and bioflavonoids for anti aging and sun protection
4.) Frankincense Oil – helps reduce sun spots and helps even skin tone
5.) Lavender Oil – helps heal skin conditions and improves cellular communication.

can i make Anti aging serum by these?? but i don't know how much quantity of each oil i have to mixed together to make a perfect serum.

REPLY

Tash says

Hello again!

What size dropper bottle are you going to use? ☺ Then we can see how many drops you need!

REPLY

Jess says

Hey,

I'm a huge fan of your website!

The reason I'm contacting you today is because I'm doing a group expert interview on my site and think many essential oil fans would love to know your answer to this question:

If you had to choose, which would you say were the 3 most useful essential oils? (In general terms – the most bang for your buck!)

Thanks in advance!

Oh and naturally I'll include a link back to your site.

Cheers,
Jess

REPLY

Cheryl says

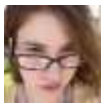
I agree!! Turmeric is the best to use for inflammation of any kind!!

REPLY

Amosu Tolulope says

Thanks Tash for this great lecture. But don't really understand how to use d essential oils listed. Is it all that must be used or any of the essential oil listed?

REPLY



Tash says

Hi Amosu!

You can add these essential oils to carrier oils, cream, lotions, etc. I will be writing a port on how to use them pretty soon so keep an eye out ☺

REPLY

Lisa says

There are two lists per skin type; the first is a list of the oils that will work for a certain skin type and the second is a serum recipe that uses only four of the oils from the first list. Can I use a combination of any of the oils from the first list or do I have to stick with the ones listed on the serum recipe list?

REPLY

Tash says

Hi Lisa!

You can use any combo you like ☺ I made these lists so that they can be guidelines.

REPLY

Deb says

Love your articles and recipes; however, I have a weird " rash like" issue I get. Looks like Rosacea. I used to have acne and now I have this. I also suspect that it is candida related. I've tried rose hip oil (no luck) , sunflower + oregano (burned my skin even at lower ratio) , experimenting with coconut oil as a mask , mixed with honey (to help with fungal infection) So far ok. My skin hates lavendar… Any other ideas to calm inflammation topically? My other question is if you mix a high comodogenic oil with a low does it balance itself out? Coconut oil is a 4 – if you mix with sunflower will the recipe be a two and more tolerable?

REPLY

Tash says

Hi Deb!

Some people can use coconut oil without any problems BUT if your skin is prone to breakouts it may clog your pores. Your question is very interesting! I have never considered possibly diluting an oil that has a high comedogenic rating with an oil that rates less. I would imagine it would be less likely to clog your pores but it is hard to say without trying it.

As for the inflammation you're dealing with, make sure to eat clean, drink enough water, be gentle to your skin, and try to stress less. If it is candida related you may want to try cutting out sugar and see if that has a positive effect.

You may want to try frankincense EO but only use a few drops. It's great for calming skin!

Best of luck ☺

REPLY

SHAMIA says

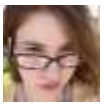
My suggestion in any suitable face musk pls add little amount pure turmeric powder which will look your acne+skin allegy. Most of the people suggest coconut oil but in normal face skin coconut oil is heavy in my opinion. Anyway everybody has their own opinion. Important issue is not only dry or oily skin also skin color nature. Because Asian African and European skin are not same and also it is related with food habitant. Another important thing I have to mention from my experience what you are using in what climate? It is also you have to judge. In short writing can't explain all. My writings not to heart anybody only share my experience. For myself, last 14 years I am making cream and selling commercially in Italy and overseas. Anyway thanks.–SHAMIA

REPLY

Seeyi says

Hi Tash! I've been battling acne since becoming a teen and I'm 22 now. I do have oily skin and live in a very hot and humid country. I'm intending to start a new routine of ocm using castor oil and jojoba oil and using rose water with with hazel to tone. Do you think it's necessary to cleanse with honey in the morning as well? Also would it be better to use just the two oils or should I add tea tree in too?

REPLY



Tash says

Hi Seeyi!

You don't need to cleanse with honey on top of everything else. It's a nice change though from time to time ☺ You can definitely add tea tree if you like but it isn't essential!

REPLY

Seeyi says

Thank you for the swift response! So you would think it's okay to just oil cleanse in the evenings and not cleanse in the morning?

REPLY

Tash says

You're welcome!

It really depends on your skin type. My skin can get pretty oily, so at first I had to cleanse twice a day. Now I can get away with cleansing in the evening if I must but I think it's still important to get rid of the day's grime and pollutants before going to bed. At night, your skin detoxes and purges toxins, so it's good to cleanse them off in the morning. So, I would say cleansing twice a day would be a good idea unless your skin really doesn't need it ☺ But try things and see how they work out for YOU <3

REPLY

Seeyi says

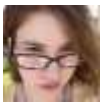
Thank you for the wonderful advice! I'm excited to try it out and am hoping it works for me! Have an awesome day lovely <3

REPLY

Taiss says

The recipes you provide are excellent. Why get products with all the extra (and most often harsh) chemicals when you just need the essential oils for you your skin?!

REPLY



Tash says

I agree Taiss! ☺

REPLY

Jacqueline says

These oils are a must have. I use them frequently. Great article.

REPLY

Jenna Ivey says

Thank you! Your response really helped to figure out what I need. I think for now I will hold off getting the elemi oil and instead get lemon to try and help with my redness and oiliness. I am excited! Thank you again and I will probably let you know how things work out once I experiment with them a bit. ☺

REPLY

Jenna Ivey says

Hey Tash!

So I need your help and opinion on which essential oils I should buy. I have been having pretty bad breakouts which I think is due to the "purge" period of jojoba and was looking into getting my hands on some essential oils to step up my game. I will buy them from my sister-in-law who has Young Living so I will not be paying full price but the normal 24% off. The catch is that I don't have much money to spend so I was wondering what you would suggest as the most vital essential oils to aid in my skin care? I'm trying to keep it under $100.

And I don't know if this will help but at the moment, in my skin care/acne fighting arsenal (love that word) I have
-Manuka Honey
-Jojoba Oil
-Coconut Oil
-Rosewater
-Aloe Vera
-Charcoal Capsules
-Exfoliating Towel
-Cinamon and Nutmeg

Also, I think I have normal to oily skin but am not positive.
Thank you and I hope you've been enjoying the season!
~Jenna

REPLY

Tash says

Hello again Jenna!

It's good to hear that you're delving into the wonderful world of essential oils! My personal favorities are: melaleuca (for acne prone skin), elemi (anti-aging), and lavender (for sensitive skin that reddens easily). Out of these, I think the elemi is the most pricey but getting all three should be below $100 at least before shipping.

I looks like you have a great arsenal at your disposal! hehe

Let me know how everything goes! I have a few recipes on this blog that use the oils I've mentioned ☺

REPLY

Mamata Nayak says

Hi Tash! I follow your article & u have described about essential oils serum recipe according to skin type. I have combination skin also uneven skin tone. Should i follow combination skin type serum?.

REPLY

Tash says

Yes! ☺ Try it out and see how it works for you. If not, leave me a comment and I'll see what I can do!

REPLY

Mamata Nayak says

Thanks Tash!! one thing i want to ask i am now 30 yrs old, would i use anti-aging serum or normal serum(your recommendation)?

REPLY

Tash says

I'd go for anti-aging! It's better to prevent it than try and reverse it! ☺

REPLY

TRACKBACKS

The Complete List of Comedogenic Oils - Holistic Health Herbalist says:

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I'm Tash, and I'm an artist, apprentice herbalist, lover of folklore, and just a girl on a journey to radiant health. I do this by eating REAL food, finding love in myself, and concocting homemade remedies. Want to join me? You know you want to! Read More…

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