

What to do with Dry Skin ~ 1 ~

By Penny Keay

It seems that we just went from having soft and supple skin and now with the cooler weather we are beginning to see little patches of dryness. You want to stop it now before worse things happen.

Here are some helpful skin care ideas of things you can do now before things get out of control.

Preventative for Dry Chapped Skin

Any time of year can be brutal to our skin. To help keep you skin soft and moist you must do several things.

Protect it as much as possible from extreme temperature changes. Exposure even for a few minutes to subnormal temperatures can cause damage. Even a 20-30 degree drop from inside a building of 70 degrees to outside temperature of 45-50 degrees can start the process of drying your skin.

Help prevent moisture loss by applying a good lotion or body oil. You don't necessarily need a lot, but you should try to apply something to help "lock" in the moisture. A few drops of Jojoba or your other favorite carrier oil for your skin type smoothed on after a bath or shower can help immensely.

Also, remember to drink plenty of liquids. Many folks forget to drink plenty of fluids in the cooler months. Did you know that in the winter, you can become dehydrated very fast?

The best thing beverage to drink is plain water. Yeah I know, you've been told, it before, but water really is the best!

Once the skin is dry and chapped, you will really need to protect it from further damage.

You may need to discontinue using soaps, or use a very mild soap if the dry skin is getting worse.

To help heal and encourage the growth of new skin cells you can apply a cream or oil that has one of two of the following oils added. *Lavender, Carrotseed, Geranium, Neroli, Rosemary, Sandalwood, Roman Chamomile, Jasmine, Rose and, Helichrysum* A little *Peppermint* added to your lotion may help stimulate the skins own oil glands to produce more oil.

Remember to use the correct amount of essential oils to the portion of lotion or cream you are adding. Typically you can add up to 6 drops total of a mixture or single essential oil per 1 ounce of lotion. Example: to 2 oz of lotion you could use 6 drops lavender, 3 drops Carrotseed and 3 drops Helichrysum. You will have a total of 12 drops to the 2 oz which is the equivalent of 6 drops per ounce. This is a 1% dilution. It would be safe for most people.

Did you know that any lotion can be used to remove makeup and also to clean the skin? Simply apply the lotion to your skin, massage lightly and then rinse off using tepid water. Try to avoid using lotions that have alcohols listed as an ingredient as they will continue to dry your skin.

Remember to apply lotions or creams several times a day and especially at bedtime.

Lotion and creams are blends of oil and water mixed with an emulsifying agent. This way when water is mixed with oils you can both moisturize and 'lock' in that moisture with the oil in the lotion!

BLENDERS to TRY

For the following recipes try to mix them 24-48 hours prior to using them so the essential oils and lotion/cream has a chance to become really blended. If you have very sensitive skin, use more carrier, lotion or cream to dilute the essential oils further.

For Normal Skin

Lavender -15 drops

Geranium - 8 drops

Rose (absolute or essential oil or a blend of rose oils) - 4 drops

Carrier oil or lotion/cream - 4 ounces

What to do with Dry Skin ~ 2 ~

By Penny Keay

For Dry Skin

Sandalwood - 10 drops

Geranium - 7 drops

Ylang-Ylang - 5 drops

Carrier oil or Lotion or Cream - 4 ounces

For Oily Skin

Lemon - 15 drops

Cypress - 10 drops

Carrier oil or Lotion or Cream - 4 ounces

For Mature Skin

Lavender - 10 drops

Frankincense - 5 drops

Neroli - 5 drops

Carrotseed - 5 drops

Carrier oil or Lotion or Cream - 4 ounces