

FASHION & STYLE

BEAUTY BEAT: Face Oils

It seems counterintuitive to put oil on your face- but trust us. Face oils are a total skin saver!



After years of being told that it's the reason for nearly all of our skin problems, it may seem counterintuitive to invest in a bottle labeled "face oil." However, face oils are more than just a passing beauty trend- they're totally changing the game! From cleansers to treatments, there are a lot of options on the market that will drastically help your complexion, slow signs of aging, and give you a gorgeous glow.

Many face oils are made with botanicals that contain strong antioxidants and protect the skin from free radicals and damage. In addition, they can really help with signs of aging. As you get older, your skin loses its natural oils and can look "deflated," ruddy, and tired. Face oils will naturally penetrate the lipid layer adding moisture and helping to "plump" your skin. Oils can also decrease inflammation, so even if you're prone to breakouts- there are a few solutions that may work better than a typical, harsh acne

treatment. Lastly -and maybe the biggest benefit of face oils- is that the products are able to target the skin directly. With lotions, serums, and creams- the key ingredients have to fight through fillers to absorb into your skin. Oil is easily absorbed and therefore can work quicker.

Our tip on choosing the best oil for you? Determine what your skin needs most. Do you suffer from monthly breakouts? Are you looking to stop wrinkles in their tracks? Do you need added moisture during cold winter months? Then, pick an oil catered to that need (we listed a few of our favorites below). We suggest starting slowly- either using an oil-cleanser OR only 2-3 drops of the oil you choose. Your skin (and your perception) may go through an adjustment period at first, but after a week- you'll be totally hooked!

Shop Rue: 1. **Josie Maran Argan Cleansing Oil** // 2. **MVO Treatment Oil** // 3. **Ole Henriksen Youth Activated Oil** // 4. **NUDE ProGenius Treatment Oil** // 5. **MVO Pacific Face Oil** // 6. **Violet Oasis 100% Organic Argan Oil** // 7. **Fresh Seaberry Moisturizing Face Oil** // 8. **RMS Beauty Oil** // 9. **Kari Gran Cleansing Oil**

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