

Women's Health

9 Reasons to Try Facial Oils

Putting oil on your skin...on purpose? Hear us out

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Oil has long been considered skin's pore-clogging nemesis, but the tide of opinion is changing. Experts say that all skin types can benefit from cleansing with oil, even blemish-prone skin. After all, you learned in chemistry class that oil dissolves oil. The right oils will cleanse pores of dirt and bacteria and help heal and balance skin. Check out these nine reasons to give facial oils a chance.

(And here's how to use them: Simply massage the oil on your face and wipe with a soft washcloth dunked in warm water. Wipe away the oil thoroughly to prevent residual build up and keep pores clear.)



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Using oil to cleanse skin sounds counterintuitive, but a quality face oil cleanser will effectively remove make-up, sunscreen, pollutants, and excess oil to cleanse skin deeply and balance skin's natural oil production without stripping it. Try Kari Gran Cleansing Oil (\$30, karigran.com) made with skin-nourishing, certified organic ingredients for clean, dewy results.