



## Essential oils

### 1. Essential oils to treat premature skin aging and loss of muscle tone

**GERANIUM:** The floral oil helps to undo the damage caused by internal and external factors, controls dermal inflammation and prevents or at least delays skin thinning.

**GINGER:** The toning effects of this oil can seep way beyond the first few dermal layers and work on the muscles and the adipose tissue that support the skin. So, when you are using fresh ginger root or ginger essential oil in your recipes, you will get noticeable anti-aging benefits.

**FRANKINCENSE:** With its extraordinary astringent and regenerative properties, frankincense oil is undoubtedly one of the most potent, natural anti-aging ingredients available today. The aromatic compounds in the oil not only fortify existing skin cells but also improve the health of new cells. Moreover, the oil tones the dermal layers, erasing fine lines, wrinkles as well as skin sagging that come with age.

### 2. Essential oils for hyper pigmentation

**ORANGE:** Apart from its ability to wipe away scars and dark spots, sweet orange essential oil also offers a range of other benefits, not the least of which is its titillating aroma that can immediately lift your spirits. The essential

oil derived from the peels of the citrus fruit is known to target all forms of hyperpigmentation while firming the dermal layers.

**LEMON GRASS:** Many consider this lightly fragrant essential oil to be a lightweight when it comes to its ability to control and treat hyperpigmentation. In reality, lemongrass essential oil can erase dark spots while being gentle on the skin which makes it a perfect fit for those with dermal sensitivity issues. Add to this, its formidable antioxidant properties and you have a fantastic anti-aging ingredient.

**LEMON:** One of the most effective ingredients to treat hyperpigmentation, lemon essential oil also tones the skin and shrinks large pores which are hall marks of aging skin. Despite its numerous skin rejuvenating benefits, this oil does not always work for those with sensitive and dry skin. Although steam distilled lemon essential oil does not have phototoxic tendencies, it is best to stay away from direct sun exposure after using this aromatic compound.

### 3. Essential oils for enlarged pores

**NEROLI:** The aroma of the white citrus blossoms is nothing short of enticing and its ability to cleanse and shrink pores is equally impressive. Moreover, neroli essential oil brings to the table a wealth of antioxidants and

