

The Complete Guide to Facial Oils

For some beauties, skincare begins and ends at a bath with regular soap, while some struggle to fit countless products on their dresser. Then there are those who keep wondering what to do with the products they've just purchased.

One such mysterious product is the facial oil that always seems to have people wondering whether to accept it as an all-in-one wonder or to run away from it. So today at amaiaa, we decided to demystify it for you, and give you a complete guide to facial oils that will help you understand everything about them, so you can choose the right one for you!

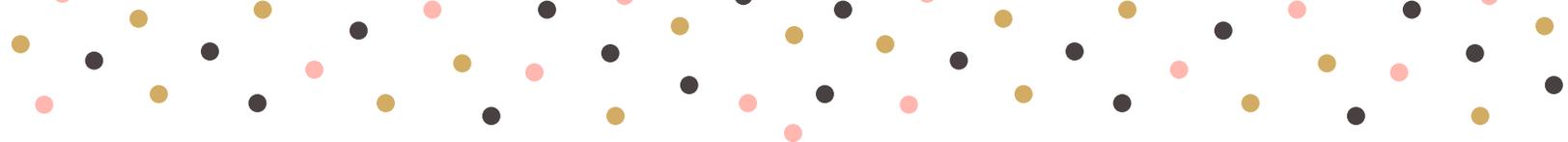
What exactly are facial oils?

Well, facial oils are those lovely magical natural oils that are extremely nourishing and emollient in nature and hence are great for delicate facial skin. They have excellent rejuvenating properties and quickly work to restore our skin's health and glow.

Most natural oils are good for the skin, but not all oils can be used on our face. Every oil has a different property and density and is used accordingly. To make it simple, we can divide the oils into two categories: one is the 'oily' oils, and second is the 'lighter' oils.

The 'oily' oils are saturated and are very heavy. They hydrate the skin from the outside by way of occlusion, which means they lock in our skin's natural moisture by creating a protective layer on top of it. Oils like olive oil, shea butter and coconut oil are some examples of 'oily' oils.

'Lighter' oils on the other hand are unsaturated and high in linoleic acid. They work from the inside by building the skin's lipid layer, thus restoring its natural balance. Some examples of 'lighter' oils are argan oil, almond oil, grape-seed oil and jojoba oil.



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Why are facial oils important for your skincare routine?

Facial oils really are an all-in-one wonder for your skin. They are rich in antioxidants and vitamins and have excellent emollient properties. This is why facial oils are essential to deeply nourish and hydrate your skin on a daily basis. Depending on their composition, they can be used for cleansing, toning and moisturizing, and also to pamper your skin on a daily basis.

The right oil can work wonders as it repairs the skin from deep within, reducing dryness, irritation, inflammation and acne. It helps in preventing wrinkles by naturally improving the elasticity of your skin. It also effectively moisturizes, tones and tightens the pores, giving your skin a natural bounce and glow, making you look years younger. Wow, now who wouldn't want that?

How do you apply facial oils?

Believe it or not, facial oils are very easy to use! You already know that facial oils are highly concentrated with antioxidants, essential fatty acids and other skin nutrients. So that pretty little bottle will go a long way as you only need around 3 – 4 drops for your entire face and neck area. Just follow these simple steps:

- Step 1: Cleansing is the first step to healthy skin. Use a mild cleanser that exfoliates to gently scrub off dead skin cells and clean your face of all the make-up and excess sebum. This is an important step, as the oil won't penetrate the deeper layers of your skin if your pores are blocked.
- Step 2: After cleansing, take about 3 - 4 drops of your lovely facial oil on your palm. Using your fingertips lightly dab it in small dots all across your face and neck area. Avoid the sensitive eye area.
- Step 3: Gently use a patting motion to allow the oil to absorb into your skin. Followed by a gentle massage starting from the center of your face outward toward your hairline. Also, smooth it from the base of your neck towards your chin. Voila! You now have happy glowing skin!

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Remember to always massage in upward and outward strokes. The light patting and massaging action improves blood circulation and allows the luxurious oil to be absorbed quickly into the skin. You can also use it by mixing it with your favorite moisturizer or layer on your moisturizer after applying the facial oil.

Should you use facial oils with makeup?

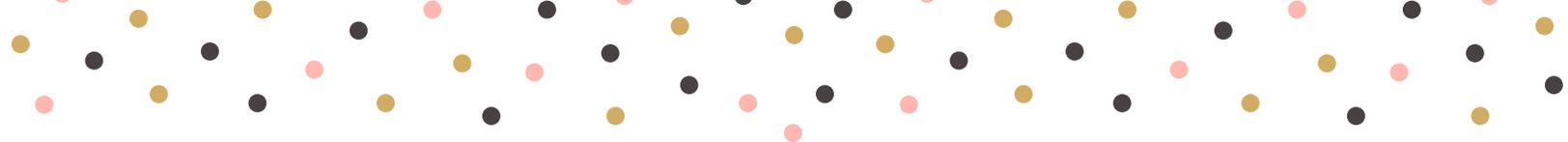
Of course you should! Many people wear makeup but only some look absolutely stunning with it. One thing that will make you stand out from the crowd is a flawless finish, and we at amaiaa know how to give you just that.

Facial oils can be used as we already mentioned, and they can also be combined with your foundation for a smoother finish. We have a lovely way to use our amazing atma facial oil that can give your makeup a smooth, flawless finish all day long, making you look like a true glamour queen. Here's how:

- Ensure your face is well cleansed. Follow with a gentle toner or tonic to complete your cleansing routine.
- Next, smooth on 3 - 4 drops of your facial oil to lock in moisture for a fresh, dewy finish. Pat gently to increase circulation to give you a natural rosy glow. Wait a few seconds while the oil is completely absorbed by your skin.
- Apply your makeup as usual and get ready to slay the day!
- Our atma facial oil can also be mixed with liquid foundation and used as a highlighter for the perfect glow.

Our luxurious atma facial elixir perfectly smooths your skin and eliminates the need for a primer so you can directly apply your foundation, saving you time and money. You'll be amazed at how smoothly it goes on your skin. Your make-up will look great and you'll have a lovely, luminous finish all day long.





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How to use facial oils with a morning routine?

It feels great to have a fresh start every morning and a good daily routine ensures that we stay fresh all day long. Clear, healthy skin not only makes us look great, but also boosts our confidence. We can easily achieve this in the following ways:

- Clean skin always looks fresh, so never skip your cleansing routine.
- Next, use a gentle eye-cream. Remember that your eye cream always goes on first, even before your serum or facial oil. You don't want wrinkles here!
- You need to decide the sequence of application of your facial oil and skincare products according to your skin type.
 - If your skin is dry, then you need to apply the moisturizer first and then the facial oil to seal in the moisture.
 - If your skin is oily then you need to apply the facial oil first so that your skin can balance its natural oils.
 - For normal skin, use it by a mixing few drops with your daily moisturizer. Let it absorb completely and feel the magic!
- Apply your sunscreen and makeup after and you're set for the day!

Our lovely facial elixir atma is designed to complement your current skincare routine so you look radiant all day long. It also boosts your skin health with a daily dose of antioxidants, so your skin looks healthier and youthful with each passing day!

How to use facial oils with a night routine?

Night is the time when our body relaxes, heals, repairs and restores itself. Did you know that our skin regeneration peaks around 2 a.m. every day, regardless of whether you are asleep or awake? This is why it's essential to have a good night skincare routine. We can accomplish this by following the steps below to naturally rejuvenate our skin every night and wake up to fresh, glowing skin every morning.

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- Cleansing is most essential and for your night routine you must practice the double cleansing method. First, use an oil cleanser to dissolve and remove the makeup and any other products used during the day. Follow with a cream cleanser to clean and treat your skin, clearing the skin of all impurities.
- Use a mild toner or tonic to refresh and hydrate your skin. Follow with your night eye cream to soothe and relax your eyes. This will prevent dark circles and puffiness.
- Now, use few drops of your elite facial oil. Dab and pat gently to boost circulation. Wait until it's absorbed completely. Feels great, right?
- Follow up with your night cream if your skin is dry. You'll be surprised that you won't need much of it after applying the facial oil.

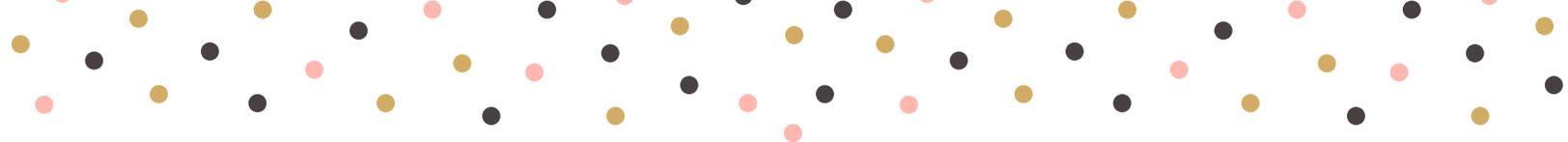
Our exquisite saya facial oil is perfect to deeply restore and rejuvenate your skin as you sleep, so you wake with a healthy, revitalized and radiant glow every morning. Also, its soothing aroma is a pleasant treat for the senses that instantly calms and soothes to promote good restful sleep. Now that's what we call true beauty sleep!



How can you get naturally glowing skin?

Remember, beauty comes from within, so to get a lovely natural glow you need to ensure you maintain a good daily routine like:

- Eat nourishing meals that give you all the micronutrients required for clear, healthy skin. Include leafy green vegetables that provide lots vitamins and minerals, as well as fiber to effectively detoxify your system and improve digestion. This will lead to better absorption of nutrients and give you a natural glow.
- Avoid junk food as it slows down the metabolism and makes the skin look dull. Besides, it's not very nourishing for your body.
- Exercise! It promotes sweating that will flush out all the toxins from your pores, leaving you with a natural rosy glow. You will also look incredibly toned and sexy!
- Stay hydrated! Water is great for your skin. You can even try fruit and herb infused water to add some extra flavor!



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- Exfoliate your skin regularly! This is very important if you want smooth, glowing skin. All you need is a good scrub or a natural loofah to slough off old and dead skin cells, get rid of cellulite and boost blood circulation.
- Always use skincare products that are natural and organic, but most importantly, choose them according to your skin type. They help to nourish and protect your skin from the outside.
- A good morning and night skincare routine is a must for flawless, wrinkle-free, youthful skin. Use natural, good-quality facial oils to deeply hydrate and provide a daily dose of nourishment so your skin glows with health!

Facial oils vs moisturizers. What's the difference?

Confused lovely? Don't know the difference between facial oils and moisturizers? That's okay. Let us simplify things for you:

- Facial oils and moisturizers are designed for different purposes and hence work differently. Facial oils are loaded with many skin-friendly nutrients that nourish, tone and hydrate the skin. A moisturizer on the other hand only hydrates, and sometimes provides protection from the sun if it has an SPF. Other than that, it doesn't really do much.
- The ingredients or formulations are different for both. Facial oils are mostly either single oils or a blend with all-natural ingredients that don't use preservatives and chemicals. They are extracted from seeds, fruits or roots. Whereas moisturizers are oil or water based and may have chemical ingredients along with some natural ones, as they need to maintain their shelf life.
- The outer layer of our skin is oil based, which is why facial oils are so compatible with our skin, as they help to maintain the oil balance and lipid barrier. Since moisturizers are water based, they need to penetrate deep into the skin before they start to work.
- Facial oils are highly concentrated. Every drop of facial oil is packed with antioxidants, essential fatty acids and skin-friendly vitamins. This is why even a tiny bit can deeply nourish your skin and give excellent long-term results. Moisturizers contain 50 to 80 percent water and are less concentrated, so you require more quantity and repeated application to stay hydrated.

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Which natural oils are best for your skin?

The world is filled with many miraculous plants and there are plenty of natural oils that are great for our skin and face. We will tell you about some of them that we feel work great for all skin types, regardless of how dry, sensitive, oily or problematic your skin is.

Jasmine Oil

Apart from a sweet romantic fragrance, jasmine oil has excellent healing properties. It contains benzoic acid and benzyl benzoate, which kill and inhibit bacteria and fungi. Due to this, it speeds up the healing of wounds and also reduces the chance of infections. It moisturizes the skin, prevents fine lines and boosts the production of collagen. It is excellent for healing irritated, acne prone skin, as well as renewing damaged or mature skin. Read more about its restorative benefits here: <https://amaiaa.com/jasmine-oil-benefits-for-skin-and-face/>



Argan Oil

Hailed as liquid gold, argan oil is extracted from the kernels of the fruit of Moroccan Argan trees. It is concentrated with antioxidants, vitamin E and omega-3 fatty acids. It's very popular because it works miraculously on both skin and hair. It boosts natural collagen, deeply nourishes and strengthens skin tissue. It works great on dry skin, fine lines and wrinkles, and dry and damaged hair. Learn more about its healing properties here: <https://amaiaa.com/argan-oil-benefits-for-your-skin-and-face/>

Sandalwood Oil

Sandalwood oil is mild, but still has a very powerful action on the skin. It has excellent antiseptic and anti-inflammatory properties and helps to fade scars, treat and prevent acne, rashes, infections, sunburns, irritation, etc. It gently moisturizes and also tones the skin due to its mild astringent action. It is suitable for all skin types. Read more about this exotic oil here: <https://amaiaa.com/indian-sandalwood-benefits-and-healing-properties/>

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Apricot Kernel Oil

Apricot kernel oil is very gentle and non-greasy. It is rich in gamma linoleic acid that helps to tone and firm your skin, making it radiant. It also has skin-nourishing nutrients like vitamins A and E that reduce dark circles, fine lines, dryness and have an anti-aging effect. Due to this, apricot oil works very well for dry, aging and mature skin.

Jojoba Oil

The chemical structure of jojoba oil is similar to our natural body oils, so it's quickly and easily absorbed by the body. It mimics the sebum on our skin and helps to balance its natural production. It prevents oiliness, as our skin no longer feels the need to overproduce sebum. Apart from vitamins B and E, it also contains minerals like copper and zinc that help nourish the skin. It's excellent for all skin types.

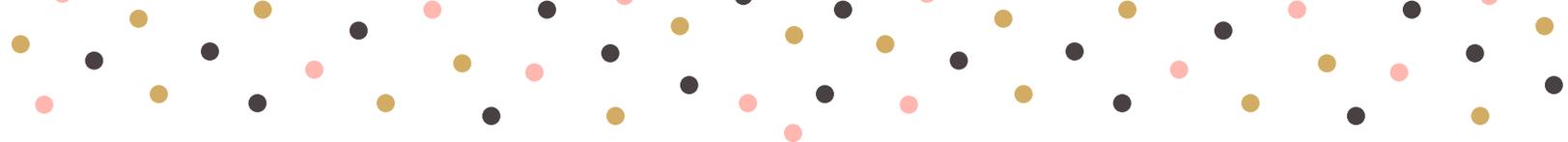
Avocado Oil

Avocado oil is extremely beneficial for dry skin as it is high in omega-3 fatty acids and vitamin E. It deeply moisturizes, prevents skin itching and inflammation, and effectively soothes irritated skin. It does not cause an allergic reaction and is great for people with sensitive and dry skin, as well as mature skin.



What oils should you avoid?

- Avoid mineral oil, as it is a petroleum derivative and has hydrocarbons that can contaminate the entire body. It also blocks pores and traps bacteria causing inflammation and breakouts. Ugh!
- As women, we need to be extra cautious about what we put on our skin during pregnancy. Thinner skin areas like the face absorb more product, which is then released into the blood stream.



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- Photosensitivity alert! If you are a person with delicate, photosensitive skin then you need to avoid oils that are minty and citrusy, as they may irritate your delicate skin. Some examples are spearmint, peppermint, eucalyptus, lemongrass, bergamot, orange, lime, lemon and angelica.
- While one person gets glowing skin by using a certain oil, another person may react to it. You need to read the labels and check the ingredients carefully to see if you are allergic to anything. Do not use the product if you have a known allergy to any of the ingredients.

How do you pick the right facial oil for your skin type?

Always buy according to your skin type if you want the full benefits of your facial oil. Here are some ways to help you pick the right oil for your skin type:

- **Dry or Damaged Skin:** If your skin is dry or damaged, then you need an oil blend that is deeply nourishing, hydrating and rich in essential fatty acids. This will help you repair and build the lipid barrier, and also help to retain moisture. Look for ingredients like argan, jasmine, jojoba, avocado, grapeseed, almond, olive, maracuja, and seabuckthorn oils.
- **Oily or Acne Prone Skin:** Repeated cleaning and washing of oily skin to remove the 'oily' shine causes it to produce more oil to compensate for the dryness. A good facial oil will help dissolve the excess sebum and balance the natural oil production of your skin. Ensure that your facial oil contains balancing oils like jojoba, grapeseed, avocado, sandalwood, macadamia or tea tree, and is non-comedogenic, meaning it does not block pores.
- **Sensitive Skin:** This is the most delicate skin type and you need to be very careful while choosing your skincare products. Avoid products with a strong smell like citrus and mint, as they may have a phototoxic effect on your skin in the sunlight and may cause skin burns or loss of pigmentation. Oils like argan, evening primrose, sandalwood, rosehip, grapeseed, etc are extremely nourishing for sensitive skin. They help to strengthen the skin's protective layers by providing a mega dose of skin-friendly nutrients.

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- Normal Skin: You are the luckiest of the lot if you have normal skin. Pick oils that help nourish and keep your skin fresh and hydrated. There are several oils you can choose from like argan, jojoba, olive, rosehip, sesame seed, sunflower seed and kukui nut oil.
- Combination Skin: People with this skin type go through a daily struggle and need oils that help to balance the combination skin. Oils like rosehip, argan, grapeseed, chamomile, pomegranate and marula work great to tone and nourish your skin. In addition to having a good amount of antioxidants, they also have antibacterial properties that help to prevent breakouts.

Why choose our exclusive amaiaa facial oils?

Our luxurious facial elixirs, atma and saya, were lovingly created with carefully chosen all-natural ingredients that are mild and suitable for all skin types. They are hypoallergenic, non-comedogenic, and free from parabens, sulfates, alcohol, silicone, fillers and toxins. They are 100% natural, cruelty free and suitable for vegans and vegetarians. In short, they are the best blend you can get to lavishly pamper your skin everyday!

atma is the morning radiance to keep your skin illuminated all day long. Our Secret of the Soul formula was created to complement your current skincare regimen to enhance your natural beauty and encourage a healthy glow. With ingredients such as argan, apricot, jojoba, safflower, rose and Indian sandalwood, this oil will nourish and revitalize your skin with a surge of moisture and antioxidants. So who wants a natural glow? Learn more about our atma oil facial elixir here: <https://amaiaa.com/product/atma-facial-oil/>

saya is the night revival to rejuvenate and heal skin while you sleep. This formula was created to relax, soothe and nourish your skin in the evenings for a renewed look in the morning. With natural restorative properties working to reverse the effects of time, grapefruit and Indian jasmine are the perfect balancing ingredients to add to your skincare routine. Wake up to fresh, youthful, dewy skin every morning! Learn more about our saya oil facial elixir here: <https://amaiaa.com/product/saya-facial-oil/>

You deserve naturally luminous and healthy skin. Pamper yourself with the many exquisite and medicinal oils found in nature by using our amaiaa facial oils. Begin your beautiful journey to better skin today.