



Essential Aromatherapy Information to Care for Your Dry Skin This Winter and All Year-Round

Dry Skin Relief Using Aromatherapy Techniques

This eClass is provided to you, free of charge, courtesy of Simply Clesha Aromatherapy, Gifts & Baskets.

For more aromatherapy information, I invite you to visit:

<http://blog.simplyclesha.com>

The ingredients and supplies found in this eClass can be purchased at:

<http://www.simplyclesha.com>

Be Safe When Using Aromatherapy

The information provided here or elsewhere on this site is not intended to constitute professional medical advice for treatment. We are not doctors and do not claim to have cures of any kind. We encourage you to consult your personal physician with any questions you may have regarding a medical condition.



Dry Skin or Eczema. What's the Difference?

Dry skin occurs when the fat or moisture is removed, or not producing as it should, in the sebaceous glands. This can be a year round occurrence for some people, but for others, dry skin is really felt in the dry, cold winter months.

Water can take the moisture from the surface of your skin through evaporation when applied. It draws your skin's surface moisture out and then evaporates into the air. Since most soaps are detergents in disguise, they can also dry out your skin even more.

Eczema is actually a condition that occurs when the skin becomes inflamed and irritated. Asthma, allergies, oversensitive skin, and weather are just a few things that can cause eczema. And, when you add course clothing, detergents (both from washing clothes and the body) and chlorinated water tot he mix, you have the perfect eczema storm.

Some symptoms of eczema are itching; very dry, thickened, scaly skin and it may appear as a rash. Eczema comes in different forms and varying degrees of severity. Because eczema can flare up on any part of the body, it's always a good idea to consult with a doctor instead of making a self-diagnosis. A medical professional will be able to tell you if you do, in fact, have eczema and not dry skin.



Essential Oils

Every well planned treatment has to start with a solid foundation. Because this is an aromatherapy treatment, our foundation will begin essential oils used specifically for dry skin.

An essential oil is a liquid that has been derived from the leaves, flowers, stems, bark and other parts of the plant and distilled.

Essential oils are not the same or even similar to fragrances or perfumes. Essential oils are always derived from real plants, while the vast majority of perfume or fragrance oils are artificially created or at the very least contain artificial substances and often offer little or no therapeutic value. It is important to understand that if an aromatherapy product contains any type of synthetic or perfume oil, it is not a true aromatherapy product, simply someone trying to sell a lesser product as a greater one.

Essential Oils for Dry Skin

Essential Oils that work well with dry skin are:

Bergamot *Citrus aurantium*

- Has a spicy, citrus aroma and is because of its anti-inflammatory and antiseptic properties. **Caution**, do not use if the area of application will be exposed to sunlight for 24 hours due to its photo-toxicity.

Chamomile *Anthemis nobilis*

- Has a sweet, fruity, and herbaceous aroma and is useful because of its analgesic (relieves pain), anti-fungal, anti-inflammatory, and antiseptic properties.

Geranium *Pelargonium graveolens*



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- Has a floral, fresh, and sweet, with a fruity note. It's useful because of its analgesic (relieves pain), antibacterial, anti-inflammatory and antiseptic properties. **Caution**, do not use during pregnancy.

Lavender *Lavendula officinalis*

- Has a fresh, sweet, floral, herbaceous, and slightly fruity aroma. It's useful because of its analgesic (relieves pain), antibacterial, antimicrobial, antiseptic and insecticide properties.

Tea Tree *Melaleuca alternifolia*

- Has a medicinal, fresh, woody, earthy, herbaceous aroma. It's useful because of its anti-inflammatory and properties.



Carrier/Seed Oils

Carrier oils, also known as seed oils and base oils are vegetable oils extracted from the seeds and fruits of plants. What makes them different from essential oils is that that are non-volatile oils.

When shopping for carrier oils, you always want to go with oils that were extracted using the cold press method. The cold pressed method of extraction allows the oils to keep their all natural goodness. This, by the way, is an added benefit in the treatment of your skin.

Don't confuse carrier oils with mineral oils. Mineral and baby oils are mainly derived from petroleum products. You know...that stuff that makes gasoline. Yeah, that. And, you're putting it on your skin. So, if you're still holding onto that bottle of mineral or baby oil I have one thing to say, "Put your hands up and step away from the mineral oil." Seriously, it's time to heal your skin, not coat it over with petroleum.

Seed oils that are excellent in the treatment of dry skin are:

Avocado oil is made from the pulp of the avocado fruit. It is rich, heavy but penetrating oil that is full of nutritive and therapeutic components. Avocado oil contains more than 20 % essential unsaturated fatty acids. It contains vitamins A, C, D and E, proteins, beta-carotene, lecithin, fatty acids and the "youth mineral" potassium. They soften the skin, have superior moisturizing effect on the upper layer of the skin and reduce scars.

Olive oil has a natural aroma and is very to the close to that of the oil used in cooking; by which I mean that it smells like olives. Its texture is heavy and rather oily and it has a light to medium green color. It is very important to use a minimal amount or an appropriate amount in dilution as it may overpower the blend.



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Sesame Seed Oil is pale yellow and tends to be greasy. It contains nutrients of lecithin and is high in oleic and linoleic acid. It is a quality lubricant for rheumatic conditions, eczema and dry skin.

Sweet almond oil has a light and slightly sweet and nutty aroma. It is slightly oily and will leave an oily feeling on the skin, but it absorbs quickly. Sweet almond oil is an all-purpose carrier oil which can be used with almost any essential oil and is moderately priced, making it an excellent choice for most essential oils.

Applying Seed Oil

Unlike water, seed oils absorb into your skin giving back the moisture removed from water and soaps. For the best results you should apply your seed oils when your skin is wet, because it readily sucks up the oil that is applied.

Allowing 5-10 for your skin to air dry will increase the amount of seed oil absorption. Finish up by patting, **not wiping**, any remaining water from your skin with a cotton towel. Trust me; your skin will thank you.



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Shea Butter

100% Pure & Natural Shea Butter is an all-natural vitamin A cream. Shea Butter has shown to be a superb moisturizer, with exceptional healing properties for the skin.

Vitamin A in Shea Butter is important for improving a number of skin conditions, including blemishes, wrinkles, eczema, and dermatitis. Shea Butter has properties that treat skin allergies, insect bites, sunburns, frostbites, and a number of other conditions of the skin. Shea Butter's moisturizing property is due to several natural moisturizers present in the butter.

Shea Butter is derived from the seed of the Shea tree. The cream is extracted and prepared without the use of chemicals. The best Shea Butter for skin use is prepared by cold press methods without use of added chemicals or preservative.

To learn more about Shea butter and its benefits, I invite you to read a post I wrote on the topic.

- [21 Reasons To Use Shea Butter](http://blog.simplyclesha.com/21-reasons-to-use-shea-butter/)
- <http://blog.simplyclesha.com/21-reasons-to-use-shea-butter/>



Cocoa Butter

Unrefined cocoa butter has a rich, sweet, chocolate-like aroma. The cocoa aroma is less noticeable in refined or deodorized cocoa butter. It has a solid and hard to work with at room temperature. Because cocoa butter is such a hard butter, it should be combined other vegetable oils or butters to make a balm, lotion or cream.

Cocoa Butter is not a carrier *oil*, but its natural, beneficial properties make it a lipid suitable for aromatherapy work. It is moisturizing, leaves a protective barrier on the skin, is gentle and can be included in massage blends, lotions, creams and other natural skin care products. Pure cocoa butter has a distinctive chocolate aroma that will compete with the aroma of any essential oils that you blend with it.

Aloe Vera Oil

The aloe plant is used in a variety of skin care treatments. Aloe can be purchased in the form of oil, gel or juice, but we're going to discuss only the oil.

Aloe Vera oil is extracted by pressing the leaf of Aloe barbadensis. It has a light and consistency which allows it to absorb quickly into the skin without leaving an oily residue like some of the heavier oils.

Aloe is also very healing making it a good choice for treating dry skin, burns and rashes. Because it is also cooling, it can be used as a soother for sunburns.

When you have purchased your Aloe Vera oil, it's important to store it so you can get the most out of its healing properties. Store your Aloe Vera oil in the refrigerator and it will keep for up to a year.



Recipes & Application

Here are some recipes you can make at home along with how to apply them to your dry skin.

Liquid Soap for Dry Skin

Soaps can play a big part in drying out your skin. Add this simple liquid soap to your skin care routine for a healing, moisture rich clean.

Ingredients:

- 1 cup liquid castile soap
- 1/2 cup distilled water
- 2 tablespoons sweet almond oil
- 3 drops lavender essential oil
- 2 drops tea tree essential oil
- clean 16 ounce bottle with lid

Putting it together:

1. In a clean 16 ounces bottle add castile soap, distilled water, oil and essential oils.
2. Put the cap on the bottle and gently shake to mix.
3. This liquid soap can be used on the face and body.

Dry Skin Compress

Warm compresses are a good substitution for steams and masques. They stimulate and moisten the skin; the essential oils used are also absorbed quickly. In preparation for your treatment, be sure to cleanse your face, or the infected area, before applying the facial compress. This treatment will leave your skin feeling smooth, softened and receptive to further treatments.



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Ingredients:

- 16 ounces of lukewarm distilled water
- 1 drop of geranium essential oil
- 2 drops of chamomile essential oil
- 1 drop of lavender essential oil
- a clean, large bowl

Putting it together:

1. Heat distilled water to a boil and put to the side to cool.
2. Once the water has cooled to a lukewarm temperature, add the essential oils to the water.
3. Stir gently to mix.
4. Dip a small, clean cotton cloth into water, wring out lightly and apply to skin.
5. When the cloth has cooled, dip it into the warm water and apply again.

Soothing Oil for Dry Skin

We've cleaned the skin and treated it to a wonderful aromatherapy compress. Now is a good time to have a soothing oil on hand especially to add back that wonderful moisture to your skin.

Ingredients:

- 4 ounces of sweet almond oil
- 5 drops of lavender essential oil
- 4 drops of tea tree essential oil
- 2 drops of chamomile essential oil
- 4 drop of bergamot
- 4 ounce bottle with lid

Putting it together:



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1. Pour sweet almond oil and essential oils into the bottle.
2. Cap the bottle and gently shake to mix.
3. Apply oil to face or infected area using a cotton ball.

If you want to try other aromatherapy recipes, more can be found at <http://blog.simplyclesha.com/category/recipes/>



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Products for the Non Do-It-Yourselfers

As I mentioned in Lesson #8, I do make products to soothe your dry skin. The line is called My Momma's Oil and it has become a favorite oil of so many of my customers. How the name came about is a really great story, you should take a minute to check it out.

Since making that first batch of oil, I have since expanded the line to include, Shea butter soap and a milk bath. This line has a lot of the ingredients I've talked about throughout the lesson. You should give it a try this winter. I'm sure it will become one of your favorites as well.

You can find all the products in the Simply Clesha online store. Here's the link <http://www.simplyclesha.com/catalog.php?category=5> leading directly to that category.

Shopping List of Ingredients

Ok, on to the list of ingredients needed to make your dry skin treatments. The ingredients and supplies are listed with a convenient link to the shop. It will save you a few clicks when you're ready to go shopping.

Essential Oils

- [Bergamot Essential Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=34>
- [Chamomile Essential Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=10>
- [Geranium Essential Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=39>
- [Lavender Essential Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=36>
- [Tea Tree Essential Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=37>

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Seed Oils

- [Sweet Almond Oil](#)
 - <http://www.simplyclesha.com/catalog.php?category=18>

[Other Supplies](#)

<http://www.simplyclesha.com/catalog.php?category=18>

- 4 oz bottle with cap
- 16 oz. Bottle with cap
- Castile Soap

You can find more wonderful aromatherapy recipes at
<http://blog.simplyclesha.com/category/recipes/>

What's Next?

Stay connected by signing up for the Simply Clesha Newsletter. Sign up at <http://www.simplyclesha.com/pages/subscribe.php>

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I'm writing more courses that will help you Bring Aromatherapy Home. Be the first to know when I launch a new course by signing up for the eCourse Notification List.

<http://eclasses.simplyclesha.com/ecourse-notification-list/>



Thank you!

I hope you enjoyed this free email course as much as I enjoyed writing it for you.

If you are interested in learning more about Aromatherapy, I invite you to sign up for our Aromatherapy Basics online e-Course. You will learn the basics of how aromatherapy works and how it can work for you.

**Learn About Aromatherapy and
Breathe New Life Into *Your* Well-Being**

For more information visit:

<http://eclasses.simplyclesha.com>

Until next time...

Have a Simply Beautiful & Aromatic Day!

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