

the good oil guide

EMMA HOBSON, EDUCATION MANAGER AT THE INTERNATIONAL DERMAL INSTITUTE, EXPLAINS WHICH OILS TO USE AND HOW TO GET THE BEST RESULTS:

Rosehip oil has a high vitamin C content so is perfect to even out skin tone and reduce fine lines and wrinkles.

Sweet almond oil is good for dry, itchy skin and dry hair. Add a tablespoon to your conditioner for a moisture boost.

Apricot kernel oil helps skin retain elasticity, suppleness and clarity, so it's great for prematurely aged, dry or irritated skin.

Avocado oil helps regenerate and soften the skin. It's ideal as a massage oil or an intensive rehydrating face mask.

Coconut oil is solid at room temperature so needs to be warmed before use. Add a few drops to your bath water.

Joboba oil is similar in composition to the skin's own oils, so is quickly absorbed, making it excellent for dry and mature skins as well as inflamed conditions.

5 BEAUTY-FULL OILS

1. Naturelle d'Argan Pure Argan Elixir, \$48.95. Call (03) 9504 8899 for stockists or visit www.smiink.com.au
2. This Works: Active Oil For The Face, \$85. Call 1800 007 844 for stockists or visit www.meccacosmetica.com.au
3. OmVeda Brahmi Hair Oil, \$28. Call 1300 662 383 for stockists or visit www.omveda.com
4. Kosmea Skin Clinic Certified Organic Rose Hip Oil, \$22.95. Call 1300 130 320 for stockists or visit www.kosmea.com.au
5. Cowshed Stroppy Cow Calming Bath and Massage Oil, \$44.95. Call 1800 705 800 for stockists or visit www.kitcosmetics.com.au

