

Why oil is not bad for your face

For years, dermatologists poo-hooed the idea of vegetable oils on skin, claiming that skin was unable to absorb these oils or worse yet that they clogged your skin. This is just not true.

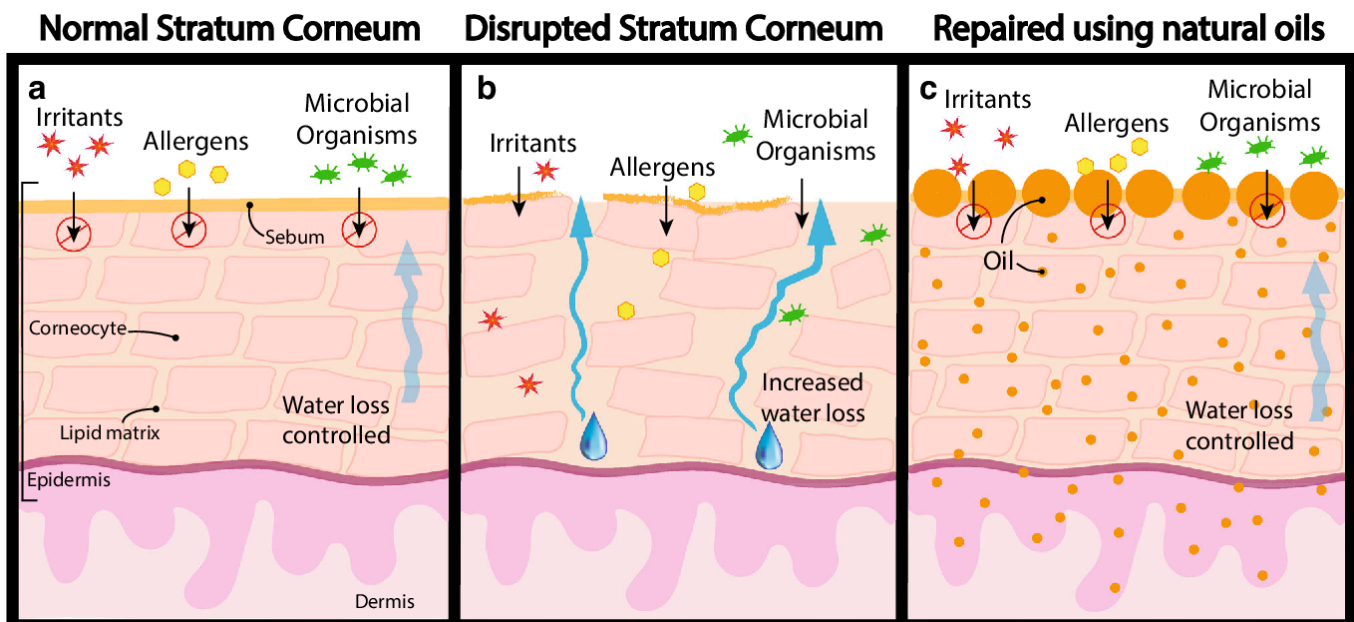
Most commercial skin moisturizers are primarily water and fillers, with only a small amount of beneficial therapeutic oils. When the skin is dry, it will quickly absorb water, and tissues of the skin will noticeably expand, for the moment, the skin looks plump and full.

However water is an attractor, water left on your skin can actually pull water from your skin to the surface making the skin even drier and aged.

There's another issue with water as an ingredient in moisturizers: it grows bacteria! **Hence, any product that contains water has to have preservatives**, preservatives are not preservatives for your skin, they age your skin. You will be hard pressed to find a moisturizer on the market that does not have any preservatives in it.

Oil is the best choice for supporting healthy, glowing skin. This is hard for many people to believe, because dermatologists have maintained that the phospholipid layer of the skin cannot absorb oil and many people still believe that oil clogs pores — it doesn't! In fact what gets into your pores gets access to your blood stream. We are not trying to get oils applied topically into our bloodstream.

Vegetable oils that dermatologists deem too large to penetrate the phospholipid layer is incorrect. According to an [April 2022 study](#) carrier oils do indeed penetrate through the stratum corneum (top layer of the skin) and can penetrate all the way into the epidermal/dermis junction. They also feed and protect the "lipid mortar" that keeps hydration in the skin. They protect the skin by providing a barrier effect.





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Vegetable oils on our skin are food for good bacteria living on our skin's surfaces, they are converted into free fatty acids in the same way sebum and natural oils produced by the skin are transformed by microbes.

What is a pore? A pore is a hair follicle! Also in the pore/hair follicle are sebaceous glands and sweat glands. The roots of these glands are in the dermis where the blood vessels are hence what gets into your pores gets access to your bloodstream.

Ref:

Vaughn, A.R., Clark, A.K., Sivamani, R.K. *et al.* Natural Oils for Skin-Barrier Repair: Ancient Compounds Now Backed by Modern Science. *Am J Clin Dermatol* **19**, 103–117 (2018). <https://doi.org/10.1007/s40257-017-0301-1>