

# Essential Oils & The Skin

The Complete Skin Series

By Robert Tisserand



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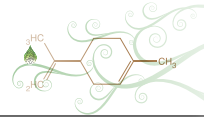


## Essential oils

Limonene	
91%	Grapefruit*
90%	Orange (sweet)
89%	Tangerine
70%	Mandarin
66%	Lemon*

Essential oils high in limonene dissolve grease and fats such as sebum

\* Phototoxic



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## Anti-acne potential

Essential oil	P. acnes	S. epidermidis	Anti-inflammatory
Clove	yes	yes	yes
Grapefruit	yes	not tested	yes
Kaffir lime	yes	not tested	yes
Lavender	yes	yes	yes
Rose	yes	not tested	yes
Rosemary (a-Pinene)	yes	yes	yes
Tea tree	yes	yes	yes
Thyme (thymol)	yes	yes	yes

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## Acne vulgaris



- Grade I** Mostly open and closed comedones. A few pimples.
- Grade II** Many closed comedones with occasional pustules or papules.
- Grade III** Many open and closed comedones, papules and pustules.
- Grade IV** Cystic acne. Many deep cysts, scar formation.



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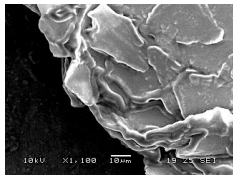
## Acne gel

Ingredient	Percent
Aloe vera gel	88.7%
Argan FO	4%
Green tea extract	2.5%
Grapefruit EO	2%
Rosemary pinene EO	1.5%
Tea tree EO	1%
Hop CO2	0.2%
Thyme thymol EO	0.1%
Total	100%

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## Seborrheic dermatitis

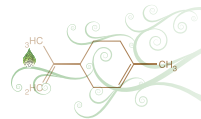


A dandruff scale

Can affect both skin and scalp.

In infants, also known as cradle cap.

On the scalp with no inflammation, also known as dandruff.



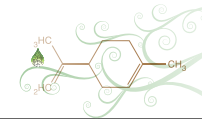
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## Alopecia areata



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## Successful treatment

Ingredient	Percent
Calendula FO	97%
Palmarosa EO	0.75%
Geranium EO	0.6%
Spike lavender EO	0.6%
Tea tree EO	0.6%
Blue chamomile EO	0.3%
Peppermint EO	0.15%
Total	100%

**Instructions**  
 Massage into the scalp and leave overnight.  
 In the morning, use a neutral shampoo with 5% of the essential oil mix added.

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## The formulation

Essential oil	Quantity	Percent
Grapeseed oil	20 mL	86.3
Jojoba oil	3 mL	12
Lavender	3 drops	0.5
Rosemary	3 drops	0.5
Thyme	2 drops	0.35
Atlas cedarwood	2 drops	0.35
Totals	23.3 mL	100

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## CITATIONS

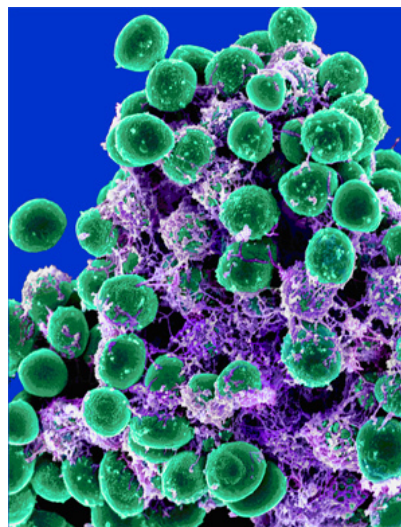
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Staphylococcus epidermidis: Michael Otto PhD

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