

# Essential Oils & The Skin

The Complete Skin Series

By Robert Tisserand



TISSERAND  
INSTITUTE

# Trauma & repair



- ▶ Wound healing
- ▶ MRSA
- ▶ Ulcers
- ▶ Burns
- ▶ Scars
- ▶ Stretch marks

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## Wound healing



*"There is also an oyle made...by a fleece layd over it in the seething...which is made moist by the steam thereof ascending up, & is squeezed out into a vessel.*

1

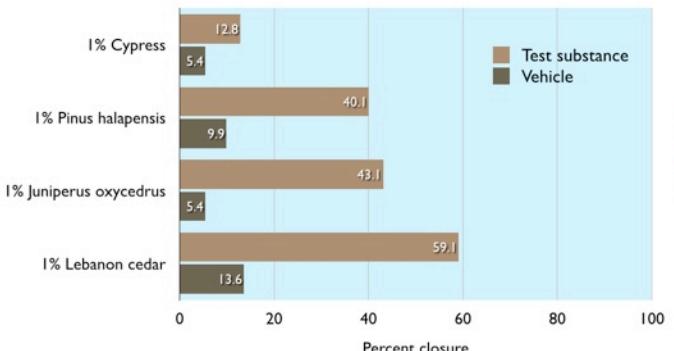
*...being applyed it doth heal the ulcers of them [sheep], which came by shearing"*

Dioscorides (40-90 AD)

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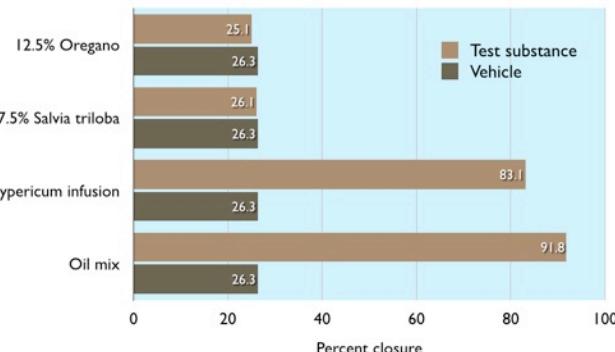
## Wound closure: day 12



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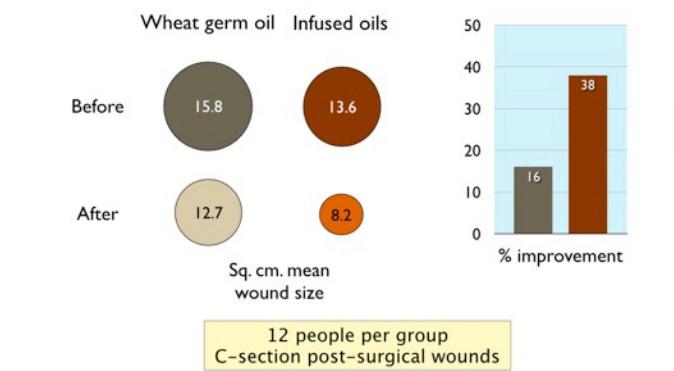
## Wound closure: day 12



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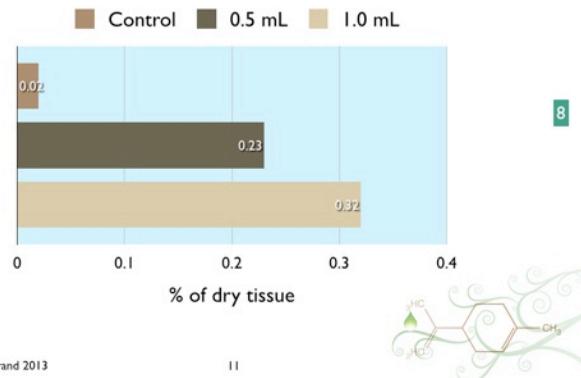
## Hypericum & calendula



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## Elastin



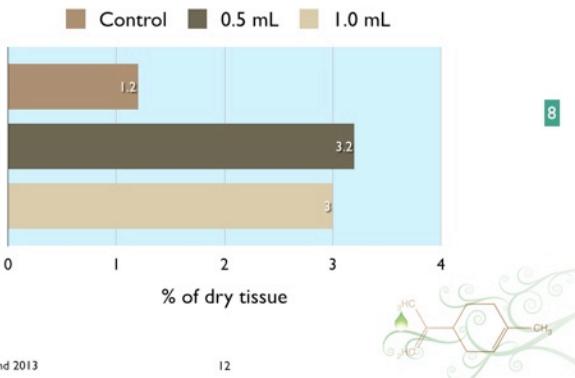
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## Collagen



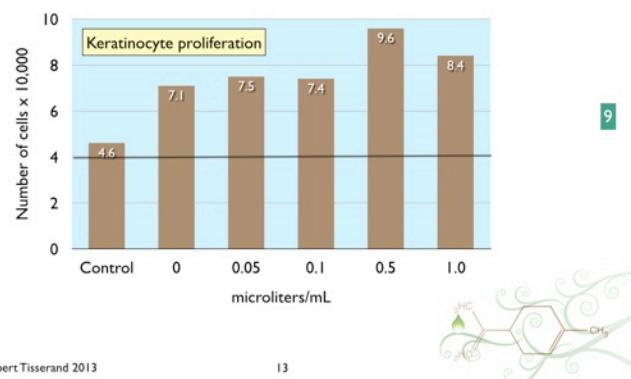
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## Pomegranate oil



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## John Kerr's formula

**Trial 1**  
7 patients  
5% Essential oil

**Trial 2**  
? patients  
9% Essential oil

**Trial 3**  
100 patients  
12% Essential oil

Elderly patients in nursing homes in Sydney, Australia

Ingredient	Percent
Aloe vera gel	88%
Lavender EO	3.6%
Blue chamomile EO	3.6%
Tea tree EO	2.4%
Myrrh EO	2.4%
Total	100%

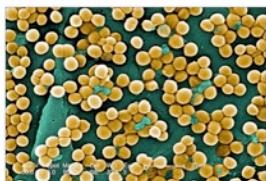
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Infection control; No adverse reactions;  
Reduced inflammation; Odor control;  
Pain relief; Healing

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## MRSA



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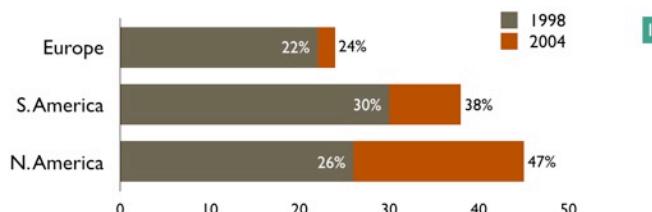
MRSA infection rates in the USA can be 30% in Intensive Care Units.  
In 2005, invasive MRSA incidence was 1 in 3,000 in the USA  
with 20% of patients dying (CDC).  
25% of cases originated in a hospital.

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## MRSA incidence

Percentage of SSTI  
(skin and soft tissue infections)  
patients with MRSA

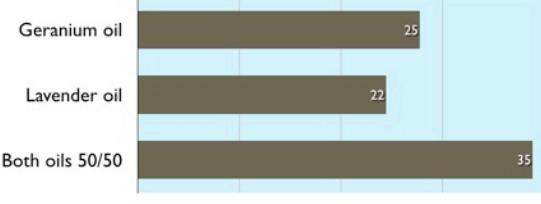


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## MRSA inhibition



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## Ulcers

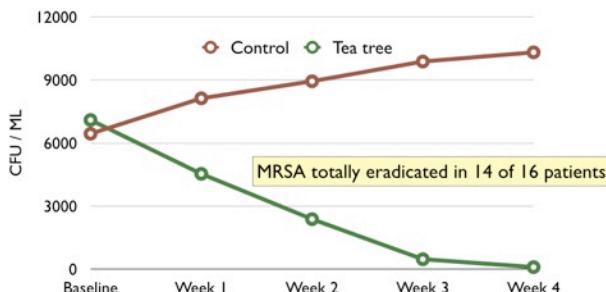
Open wounds  
Develop in stages  
Inflamed margins  
Often on legs  
Poor circulation  
May be infected  
May be painful  
Slow to heal



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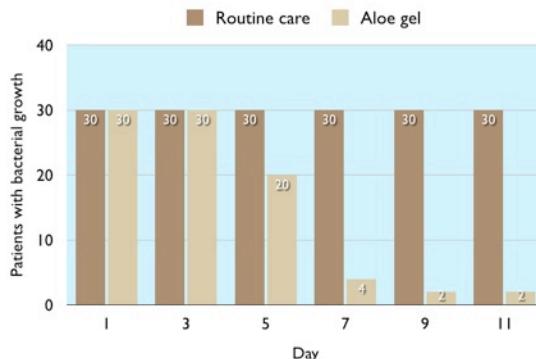
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## MRSA colonization



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## Aloe vera gel



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## Burns



Ingredient	mL
Aloe vera gel	15 mL
Chamomile infusion	15 mL
Lavender oil	5 mL

Burn remedy applied once an hour for 5 minutes on sterile gauze dressings.

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## Scars



Hypertrophic scar



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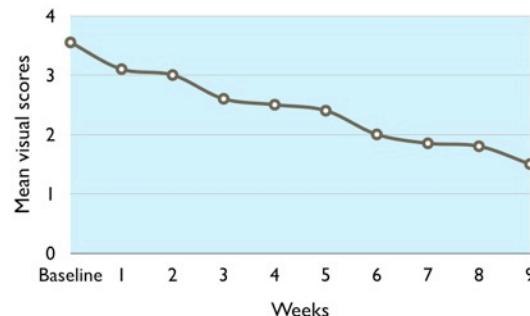
## Tamanu oil



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## 'A tamanu oil test product'

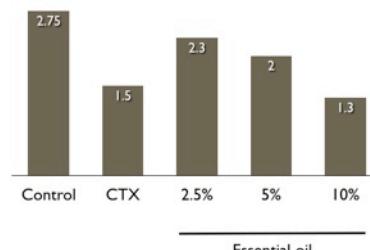


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## Sichuan lovage oil

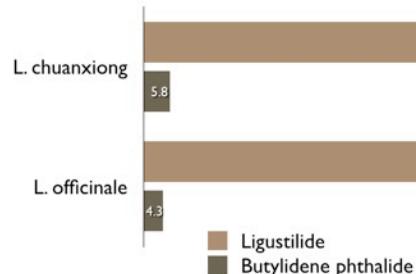


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## Oil comparison



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## Cream for scars

Ingredient	Percent
Cream base	55%
Rosehip FO	10%
Tamanu FO	10%
Calendula CO2	2%
Helichrysum EO	2%
Lovage root EO	0.2%
Rose ABS	0.3%

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## Stretch marks



Due to dysfunction of fibroblasts, and structural deformation of collagen and elastin

Often start off red/purple, then become silvery white

Olive oil, cocoa butter & almond oil are all ineffective

Rare in people of Asian or African origin

In other racial groups, 60-90% of pregnant women develop them

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25  
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## 15 minutes massage



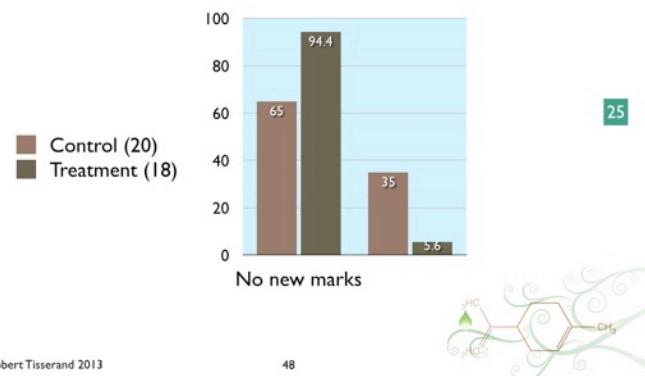
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## Incidence

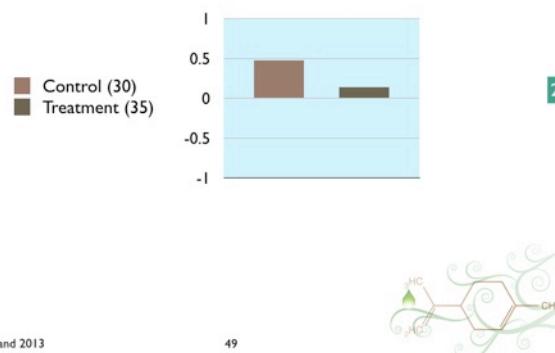


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## Severity



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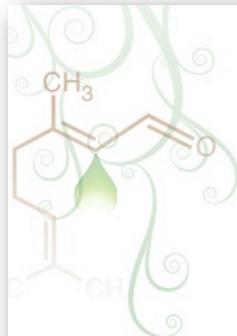
## Notes

## Stretch mark cream

Ingredient	Percent
Cream base	55%
Rosehip FO	10%
Argan FO	5%
Wheat germ FO	2%
Green tea extract	1.5%
Sweet orange EO	2%
Lavender EO	2%
Sea buckthorn CO2	1%
Rose ABS	0.3%

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# Summary

- Aloe vera gel, essential oils and fatty oils can help in wound healing.
- The essential oils should be used at 5-15%.
- Tea tree is effective against many skin-infective microbes, including MRSA.
- Geranium & lavender work well together to maintain healthy microflora.
- In clinical trials, tea tree oil and aloe vera were effective in chronic leg ulcers.
- Lavender & blue chamomile oils may also help leg ulcers to heal.
- Lavender and immortelle can help heal burns.
- There is poor evidence for scars and stretch marks.



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