ESSENTIAL OILS FOR OILY SKIN







Oily skin

Oily skin is a skin type characterized by excess **sebum production**. *Sebum is an oily substance produced by the sebaceous glands in the skin, which helps moisturize and protect the skin.*

However, when the sebaceous glands produce too much sebum, it can lead to oily skin, which can manifest in various ways:



- **1.Shiny Appearance:** Oily skin often appears shiny, especially in the T-zone (forehead, nose, and chin).
- **2.Enlarged Pores:** Excess sebum production can cause pores to appear larger and more prominent.
- **3.Acne:** Oily skin is more prone to acne breakouts due to excess oil clogging pores, leading to the formation of blackheads, whiteheads, pimples, and other types of acne.
- **4.Skin Texture:** Oily skin may have a thicker or coarser texture compared to other skin types.
- **5.Makeup Breakdown:** Makeup may not last as long on oily skin, as the excess oil can cause it to break down more quickly.



Bergamot

Biological Sources: It is obtained from the fruits of *Citrus bergamia* **Plant Family:** Rutaceae

Native Habitat: Bergamot is believed to have originated in Southeast Asia. However, it is primarily cultivated in Southern Italy, particularly in the Calabria region.





• Morphology:

- **Tree:** Bergamot is a small tree that typically grows up to 4 meters in height.
- Leaves: The leaves are glossy, ovate, and dark green in color.
- Fruit: The fruit is small, round, and yellow when ripe, resembling a miniature orange. It has a distinctive aromatic scent.
- Flowers: Bergamot trees produce small, white flowers with a sweet fragrance.





- Chemical Constituents: Essential Oil
- Limonene: A major component responsible for its citrusy scent.
- Linalyl acetate: Contributes to the floral aroma.
- Linalool: Adds to the overall fragrance and has calming properties.
- **Bergapten:** A psoralen compound that makes the skin photosensitive.
- Citral: Provides a lemon-like scent.
- **Bergamottin:** Another psoralen compound with potential health benefits.

Uses



- **1.Aromatherapy:** Bergamot essential oil is widely used in aromatherapy for stress, anxiety, and depression.
- **2.Skincare:** Bergamot oil is a common ingredient in skincare products due to its antiseptic and astringent properties. It may help treat acne, oily skin, and other skin conditions.
- **3.Fragrance:** Bergamot's citrusy scent makes it a popular ingredient in perfumes, colognes, and other fragrances.
- **4.Flavoring:** Bergamot oil is used as a flavoring agent in food and beverages, particularly in Earl Grey tea.
- **5.Insect Repellent:** Bergamot oil is sometimes used as a natural insect repellent.

Lemon

- Biological Sources:
- Plant Family: Rutaceae
- Scientific Name: Citrus limon
- Native Habitat: Lemon trees are native to South Asia, primarily in Northeast India. Now it is cultivated in subtropical and tropical regions around the world.







Morphology:

Tree: Lemon trees are small to medium-sized evergreen trees, reaching heights of up to 10 to 20 feet.

Leaves: The leaves are elliptical, glossy, and dark green.

Fruit: Lemons are typically oval to elliptical in shape, with a bright yellow, smooth outer peel. The inner fruit is segmented into juicy, acidic pulp containing seeds.

Flowers: Lemon trees produce white, fragrant flowers with five petals, which are often referred to as lemon blossoms.



Chemical Constituents: Citric Acid, Vitamin C,

•Limonene: A major component of lemon essential oil, limonene contributes to its citrusy aroma and is believed to have various health benefits.

•Citral: Another compound responsible for lemon's citrus aroma, citral also exhibits antimicrobial properties.

•Flavonoids: Lemons contain various flavonoids, including hesperidin and diosmin, which have antioxidant and anti-inflammatory properties.

•Pectin: Lemon peel contains pectin, a type of soluble fiber that may have beneficial effects on digestion and cholesterol levels.

Uses:

- Culinary, Beverages,
- Preservation, Skincare,
- Aromatherapy, Home Remedies,

Grapefruit

Biological Sources:
Plant Family: Rutaceae
Scientific Name: *Citrus × paradisi*Native Habitat: Grapefruit is believed to be a hybrid citrus fruit originating from a cross between the pomelo (*Citrus maxima*) and the sweet orange (*Citrus sinensis*).



Chemical Constituents:



•Citric Acid, Vitamin C,

•Limonene: A major component of grapefruit essential oil, limonene gives it its characteristic citrus aroma and is believed to have various health benefits.
•Nootkatone: A compound found in grapefruit peel, nootkatone has insect-repelling properties and is being investigated for its potential as an insecticide and flavoring agent.
•Flavonoids: like naringin and hesperidin, which have antioxidant and anti-inflammatory properties.

•**Pectin:** Grapefruit peel contains pectin, a soluble fiber that may have beneficial effects on digestion and cholesterol levels.

Uses:

1.Culinary,

2.Beverages: Grapefruit juice is popular as a breakfast beverage.

- **3.Preservation:** Grapefruit juice can be used as a natural preservative to prevent fruits, vegetables, and avocados from browning.
- **4.Skincare:** Grapefruit extract or essential oil is sometimes used in skincare products for its astringent and cleansing properties. It may help treat oily skin and acne.
- **5.Aromatherapy:** Grapefruit essential oil is used in aromatherapy for its uplifting and energizing scent. It is believed to help improve mood, reduce stress, and increase mental clarity.
- **6.Weight Management:** Some people believe that grapefruit may aid in weight loss or weight management due to its low calorie and high fiber content.



Cypress

Biological Sources:
Plant Family: Cupressaceae
Scientific Name: Cupressus
sempervirens
Native Habitat: Cypress trees are native to the eastern Mediterranean region, particularly in countries like Greece, Turkey, and Cyprus.



Chemical Constituents:



•Essential Oil: Cypress trees produce an essential oil that contains various

chemical constituents, including:

- Alpha-pinene: A major component responsible for the pine-like aroma of cypress essential oil.
- Delta-3-carene: Contributes to the woody and fresh scent of cypress oil.
- Limonene: Another common terpene found in cypress oil, limonene adds citrusy notes to the aroma.
- **Camphene:** Provides a camphor-like scent to the essential oil.

•Tannins, Resins.

Juniper

- Biological Sources:
- Plant Family: Cupressaceae
- Scientific Name: Juniperus spp. (several species within the genus Juniperus like, *Juniperus chinensis, Juniperus communis*)
- Native Habitat: Juniper is a genus of coniferous trees and shrubs that are distributed throughout the Northern Hemisphere, including North America, Europe, Asia, and Africa.





Chemical Constituents:



•Essential Oil: Juniper berries contain essential oil with various chemical constituents, including:

- Alpha-pinene
- Sabinene: Contributes to the spicy and woody scent of juniper oil.
- Myrcene,
- Limonene,
- Terpinen-4-ol,
- Flavonoids such as quercetin and kaempferol,
- Tannins.

Uses



- **1.Aromatherapy:** It is believed to promote feelings of relaxation, clarity, and emotional balance. Juniper oil is often diffused, inhaled, or used in massage blends.
- **2.Medicinal:** Juniper berries have a long history of use in traditional medicine for various purposes, including Digestive, Urinary, and Respiratory diseases.
- **3.Topical Use:** Juniper oil or extracts may be applied topically to the skin to help soothe muscle aches, improve circulation, and support skin health.
- **4.Culinary:** Juniper berries are used as a flavoring agent in culinary applications, particularly in European cuisine.
- **5.Alcoholic Beverages:** Juniper berries are a key ingredient in the production of gin, a popular distilled spirit with a distinctive juniper flavor.



Cedrus deodara

It is a large evergreen coniferous tree reaching 40–50 m with a trunk up to 3 m in diameter.

The leaves are needle-like, mostly 2.5–5 cm long, slender (1 mm), clusters of 20–30



Chemical Constituents



- ° Alpha-Cedrene
- ° Beta-Cedrene
- ° Thujopsene
- ° Cedrol
- ° Alpha-Eudesmol
- ° Himachalol
- ° Gamma-Eudesmol
- $^{\circ}$ Caryophyllene
- ° Spathulenol

Uses



- **Aromatherapy:** Diffusing the oil in a room or inhaling it directly from the bottle can help promote relaxation, reduce stress, and create a sense of balance and tranquility.
- **Respiratory Support:** Inhaling *Cedrus deodara* oil vapor may help alleviate respiratory symptoms such as congestion, coughing, and bronchitis.
- **Skin Care:** *Cedrus deodara* oil has astringent, antiseptic, and antiinflammatory properties, making it beneficial for skin care. It can be diluted with a carrier oil and applied topically to the skin to help treat acne, oily skin, and minor skin irritations.
- Hair Care: Adding a few drops of *Cedrus deodara* oil to your shampoo or conditioner can help promote healthy hair and scalp.

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Thank You