



# ESSENTIAL OILS FOR OILY SKIN

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Course name: **AROMATHERAPY**

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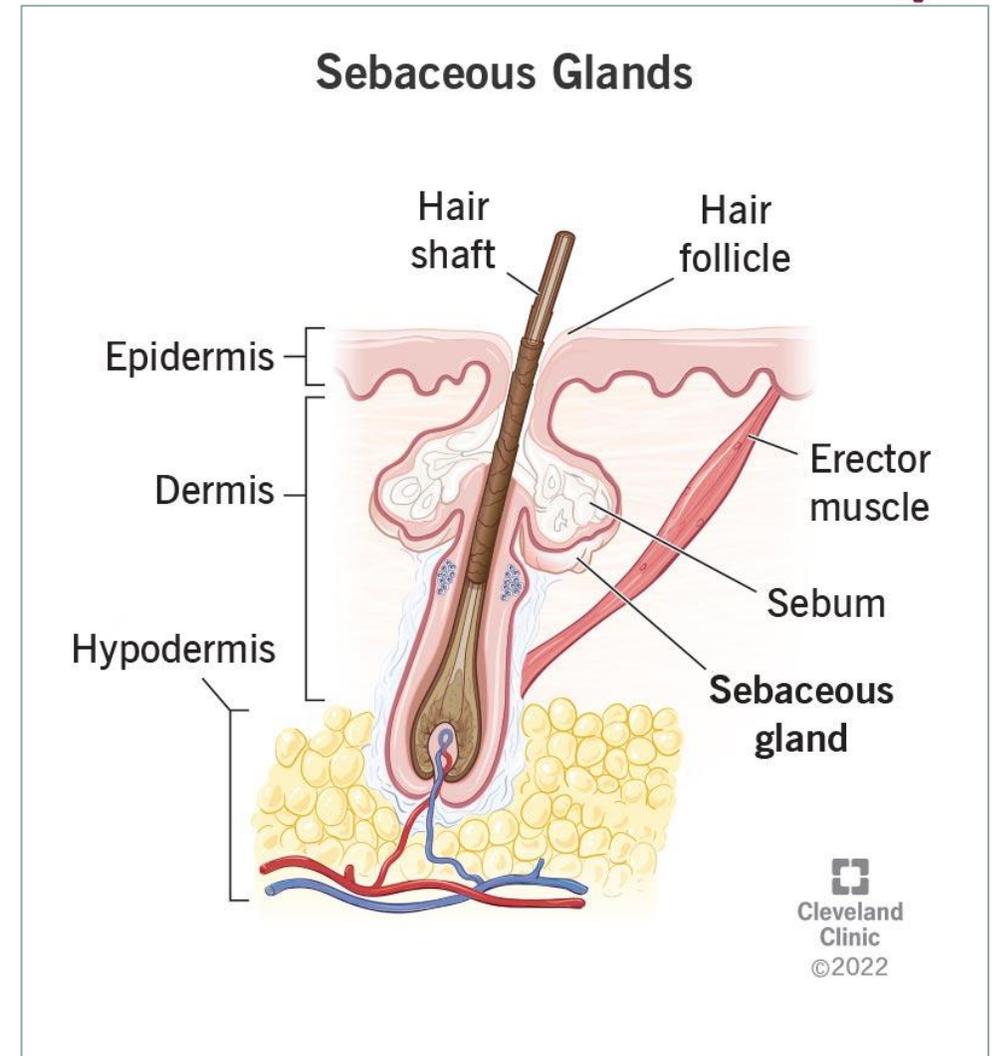
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**Lecture 4**

# 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:** *Citrus limon*
- **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.



**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:** *Citrus × paradisi*

- **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. 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.
- 2. 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.
- 3. 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, strong antibacterial and antifungal properties. Effective against *Staphylococcus aureus*, *Escherichia coli*, and *Candida species*.
  - **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.

# Benefits of Cypress Oil for Oily Skin

- 1. Regulates Sebum Production** – Cypress oil helps control excess oil without overly drying the skin.
- 2. Astringent Properties** – Tightens pores and reduces shine, making it useful for acne-prone skin.
- 3. Antibacterial & Antimicrobial** – Helps prevent acne by fighting bacteria and reducing inflammation.
- 4. Improves Circulation** – Promotes better skin health and detoxification.
- 5. Soothing & Calming** – Reduces redness and irritation, making it beneficial for sensitive, oily skin.

# 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 promotes 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 that can reach 40–50 m and has 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, Caryophyllene
- Cedrol, Himachalol
- Alpha-Eudesmol, Gamma-Eudesmol

# 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 **astrigent, antiseptic, and anti-inflammatory 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.**

# References

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- Lis-Balchin M. Aromatherapy Science: A guide for healthcare professionals. London: Pharmaceutical Press; 2006



**Thank You**