

10 Skincare Herbs & Essential Oils

and how to use them



Jamie Larrison - The Herbal Spoon



Calendula-

Latin name: *Calendula officinalis*

Properties: Antiseptic, anti-inflammatory, vulnerary (promotes healing of wounds and irritated tissues)

How to use it: Calendula can be used as a tea or tincture, or infused in oil or vinegar. It's soothing for irritated or damaged skin and promotes healing. It's especially useful for psoriasis, eczema, sunburn, bruises, boils, rashes and infectious diseases.

Make it! – [Here's a tutorial](#) for how to make a skin soothing and healing calendula salve.



Chamomile

Latin name: *Matricaria recutita*

Properties: Antispasmodic, anti-inflammatory, analgesic, antiseptic, anti-fungal.

How to use it: Can be used as a tea or tincture, or infused in an oil or vinegar. Chamomile is a calming nervine that helps to relax the nervous system. It also helps calm and disinfect skin irritations. It's soothing to damaged skin. Get my [stress relieving tea recipe](#) with chamomile and other soothing herbs. Make your own [herb infused baby oil here](#).

Chamomile infused clear skin toner

- Pint size mason jar
 - Dried chamomile flowers
 - Apple cider vinegar or witch hazel
1. Fill the mason jar $\frac{1}{2}$ full of chamomile flowers and pour the vinegar or witch hazel over the herbs, leaving 1 inch of headspace.
 2. Cap the jar tightly and store in a cool dark place for 2-4 weeks, shaking daily.
 3. Once the mixture has infused, strain the herbs from the liquid with an impeccably clean t-shirt or cheesecloth. Run it through a coffee filter next to get the smallest pieces out.
 4. Dip a clean cotton swab or facial cleansing cloth in the liquid and use liberally on the face after cleansing and before moisturizing.



5.

Dandelion

Latin name: *Taraxacum officinalis*

Properties: Diuretic, anti-rheumatic, anti-spasmodic.

How to use it: Improves vascular resistance. The root can be made into a tea and taken internally to cleanse the liver, which will help cleanse and clear the skin from the inside out. The flowers and leaves can be infused in oil and used to soothe damaged skin. It's especially helpful for cracked skin.

Make it!- Get the recipe for [dandelion infused hand lotion here](#). It's perfect for dry, cracked or overworked hands.



Frankincense essential oil

Latin name: Boswellia frereana

Properties: Protects cells from free radical damage, stimulates the immune system, restorative, promotes a healthy inflammatory response.

How to use it: Frankincense can pass the blood brain barrier and is used to support healthy brain function when applied to the roof of the mouth or the brain stem. It also helps to increase mental alertness and focus. It improves the appearance of wrinkles and rejuvenates skin at any age.

Smooth and clear skin night serum

- 5 drops frankincense essential oil
 - 3 drops lemon essential oil
 - Rosehip seed oil (or avocado oil for mature skin)
1. Drip the essential oils into a 10ml roller bottle, then fill the rest of the way with your rosehip seed or avocado oil. Shake well before use.
 2. Since lemon is phototoxic, apply this blend at night before bed



Geranium essential oil

Latin name: Pelargonium graveolens

Properties: Detoxifier, regenerative, antioxidant.

How to use it: Hydrates skin. Balances oily or dry skin and hair. Combats body odor.

Make it! – This [diy honey face wash](#) helps to clear blemishes, reduce the appearance of wrinkles and moisturizes as it gently cleanses. There are variations for dry/mature skin, oily/blemish prone skin and normal skin tones.



Gotu kola

Latin name: *Centella asiatica*

Properties: anti-inflammatory, analgesic, vulnerary, antiseptic, circulatory stimulant

How to use it: This herb helps protect the skin from a variety of issues. It aids in the prevention of scars and stretch marks and helps to repair connective tissue. It's also useful for varicose veins, psoriasis, wounds and smoothing cellulite.

Stretch mark and scar balm

- ½ cup coconut oil
 - 2 T. beeswax pellets
 - ¼ cup gotu kola
 - 10 drops frankincense essential oil
 - 10 drops lavender essential oil
 - ¼ tsp vitamin E oil
1. To infuse your oil, place the coconut oil and gotu kola in a heat safe glass bowl. Perch the glass bowl on top of a saucepan filled halfway with water and turn the heat on to medium. Keep the water at a simmer for 1 hour, then turn it off.
 2. Remove the glass bowl from the heat, being careful to not get any water in your oil. Carefully strain the herb out with a very clean t-shirt or cheesecloth. Add the beeswax and stir until melted. You may need to put the bowl back on the stove for a few more minutes to get it to melt. Allow the oil to cool for a few minutes then add the vitamin E and essential oils.



Lavender

Latin name: *Lavandula angustifolia*

Properties: Anti-inflammatory, mild sedative, mild anti-histamine

How to use it: Lavender can be made into a tea or tincture. It can also be infused into vinegar or oil. It's most often used for burns or wounds, and is used for soothing various skin issues. It can be used on rashes and bug bites to relieve itching, promotes skin cell renewal and is generally calming. Both the herb and essential oil are used for skincare, but the essential oil is a more effective at relieving itching.

- **Get the itch out** – Apply one drop of lavender essential oil to a bug bite to soothe and relieve itchiness.
- **Lavender salve** - Get the tutorial for [soothing lavender salve here](#).
- **Herbal baby oil** – Get the DIY for [herb infused baby oil](#) to help soothe and prevent diaper rash (it's great for adults too!).



Melaleuca (tea tree) essential oil

Latin name: *Melaleuca alternifolia*

Properties: Cleansing, purifying, soothing, anti-septic, antibacterial, anti-fungal, anti-viral, analgesic

How to use it: Melaleuca is commonly used for bug bites, acne, cuts, eczema, and various skin issues. It can occasionally be used undiluted as a spot treatment on adults, or diluted to 25% strength as a spot treatment for children.

- **Face mask** - Get the [ultimate pore cleansing mask for clear skin here](#).
- **Disinfect** – Use 1 drop of tea tree essential oil on a cut or scrape to cleanse and purify.



Rose

Latin name: *Rosa damascena*

Properties: antidepressant, aphrodisiac, antispasmodic, sedative, tonic

How to use it: Rose can be used as a tea or in cooking. It can also be infused in honey or oil. It is commonly used to strengthen emotional resolve, especially in regards to heartache and feelings of inadequacy. Topically it helps to prevent and diminish the appearance of wrinkles, scars, wounds, and facial redness. The essential oil has by far the highest vibrational frequency of any plant, and helps to bring the emotions back into balance.

- **Bath time** -Place ½ cup of roses in a mesh bag, drop it in a bathtub full of hot water, and take a rose infused bath. This will both improve the appearance of skin, and give you the emotional benefits of the herb.
- **Tone it up** - Infuse witch hazel with rose petals to make a refreshing toner, perfect for preventing and improving the appearance of blemishes.

Make it! – Get the recipe for [homemade rose lotion here](#). It's great for face and hands, but I also love to use it all over my skin.



Sandalwood essential oil

Latin name: *Santalum album*

Properties: Promotes a healthy inflammatory response, astringent, calming, sedative, cellular defense, helps tone and promotes a youthful appearance.

How to use it: This woody, earthy smelling blend has emotional benefits as well as benefits for the skin. Use on skin or scalp to relieve dryness. Can be applied to scars, blemishes, wounds and skin infections to cleanse and improve the appearance of skin imperfections.

- Mix a few drops into your shampoo to relieve a dry scalp

Healthy nails soak

This blend helps stimulate circulation and increase shine for healthier nails and cuticles

- 4 drops lavender essential oil
- 2 drops bay essential oil
- 3 drops sandalwood essential oil
- 1 T. sweet almond oil

Combine all of the ingredients in a glass bowl and soak nails for ten minutes. Rub the blend into the cuticles and buff.



About me

I'm Jamie, an herbalist, essential oil lover and drinker of herbal tea. I love creating real food, gluten free recipes, diy skincare and cleaners and natural remedies. You can read [more about me here](#), and see my [quick start guide](#) for my site, The Herbal Spoon.

Which essential oils do I use?

There are a lot of brands out there, but I use doTERRA essential oils because I love their quality and effectiveness, and their company values align with mine. You can learn more about doTERRA and see if these oils might be a good fit for you by [connecting with me here](#). You'll also get a free subscription to my essential oil newsletter, but you can unsubscribe at any time.

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