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Essential Oil Skin Care Chart - Quick Reference Guide

An essential oil skin care chart is presented below. It presents essential oils that can be used for **your type of skin** as well as for elasticity (and stretch marks). Essential oils also effective for holistic remedies for clogged pores or non-cystic acne. Please note the oils for wrinkles are associated with the natural aging process.

Many pregnant women can not use some of the oils for elasticity; however, [Gentle Baby](#) is safe enough for everyone to use including infants! It also can help to reduce stress help during pregnancy (or during delivery!)

It is meant as a **quick reference guide for essential oils for skin care**. And in the chart a link is provided to the single oil or blend so you can get more information as well.

Essential Oil Skin Care Use Chart

Essential Oil	Dry Skin	Sensitive Skin	Oily Skin	Elasticity	Wrinkles	Non-Cystic Acne
Bergamot <i>Citrus bergamia</i>			x			
Cedarwood <i>Cedras atlantica</i>	x					x
Clary Sage <i>Salvia sclarea</i>	x		x		x	
Cypress <i>Cyperus sempervirens</i>			x		x	
Frankincense <i>Boswellia carterii & sacra</i>			x	x	x	
Geranium <i>Pelargonium graveolens</i>	x	x	x	x	x	x
Helichrysum <i>Helichrysum italicum</i>			x		x	
Jasmine <i>Jasminum officinale</i>	x	x				
Lavender <i>Lavandula angustifolia</i>	x	x	x	x	x	x
Lemon <i>Citrus lemon</i>	x		x		x	x
Lemongrass <i>Cymbopogon flexuosus</i>			x			x
Myrrh <i>Commiphora myrrh</i>	x			x	x	
Orange <i>Citrus sinensis</i>			x		x	x

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Patchouli Pogostemon cablin	x		x		x	x
Peppermint Mentha piperita			x			
Roman Chamomile Chamaemeleum nobile	x		x			x
Rose Rosa danascena	x					x
Rosewood Aniba rosaeodora	x					x
Rosemary Rosmarinus officinalis			x		x	x
Sandalwood Santalum album	x		x		x	
Tea Tree Melaleuca alternifolia			x			x
Ylang Ylang Cananga odorata	x		x	x	x	
Gentle Baby	x	x		x	x	x
Melrose Blend						x
Purification Blend						x
Rose Ointment	x			x	x	

Want to see what oils are perfect for you hair type or condition? Then [click here](#) for a quick reference chart!

[Return from Essential Oil Skin Care Chart to Oil Use Charts](#)

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