

3 Oils You Need in Your Skin Care

By *Karen Young Chester* Updated on January 3, 2020



Oils...

If using them on your face still frightens you with visions of shiny foreheads and breakouts, you need to get versed on three types of oils that are key ingredients in our Rosehip Triple C+E Firming Oil as well as in other Eminence Organic Skin Care products.

The triple threat of sea buckthorn, jojoba and rosehip oils is loaded with vitamins, nutrition and incredible benefits for the skin. Here's a breakdown on what these miracle oils can do for your face:



1. Rosehip Oil

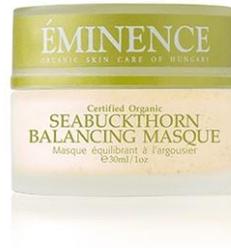
There are so many reasons to use oils for your complexion, especially precious rosehip oil. This luxurious ingredient in our bestselling **Rosehip Triple C+E Firming Oil** and our popular **Rosehip & Lemongrass Lip Balm SPF15** is incredibly rich in nutrients like Vitamin C which is key for superstar skin.

As an antioxidant, Vitamin C fights free radicals - unstable molecules with a missing electron that go around “stealing” electrons from other particles. When free radicals steal electrons from proteins like collagen, the process creates damage, called “oxidation,” which ages the skin.

Antioxidants like Vitamin C save the day by donating electrons to these greedy free radicals and stopping the oxidation process. With its high content of Vitamin C, rosehip oil protects the skin from the aging effects of free radicals.

This is why rosehip oil works wonders on the skin, especially for a complexion that is losing elasticity and developing fine lines and wrinkles. Free radicals and the aging process gradually slow the production of collagen - the protein that gives your skin its ability to bounce back and look youthful. According to Dr. Axe, the Vitamin C in rosehip oil can return the elasticity to your skin by stimulating collagen production.

On top of its antioxidant superpowers, rosehip oil also hydrates powerfully, targets the look of dark spots and works against inflammation. Celebrity facialist Joanna Vargas says this oil is so effective and versatile that it has been used for thousands of years by the ancient Egyptians, Mayans and Native Americans.



2. Seabuckthorn Oil

Originating in the Himalayas and long used in Asia and Europe, seabuckthorn oil only recently gained popularity in the rest of the world. Traditionally used for healing wounds and dry skin, this oil is another incredible source of Vitamin C. Additional benefits come from a long list of star ingredients including Vitamins A and E, beta-carotene, omega-3 fatty acids and minerals. Another key component of our Rosehip Triple C+E Firming Oil, sea buckthorn oil and its Vitamin C content prevent the look of aging and keep skin firm and elastic. You can also find this luscious oil in our beautiful **Seabuckthorn Balancing Masque**, formulated with Biodynamic® ingredients.



3. Jojoba Oil

This hero ingredient is also in our **Lavender Age Corrective Night Concentrate** and contains a bundle of beneficial elements including Vitamin B complex, copper, zinc, selenium and Vitamin E. The superstar benefit of jojoba oil, though, is its ability to mimic your body's natural oils. Say goodbye to shiny foreheads because jojoba oil communicates to your skin that it is sufficiently moisturized and doesn't need to produce more sebum. As Wellness Today explains, this extraordinary effect balances oil production and halts the generation of too much oil on your complexion.