

Face Oils For Glowing Skin & Hair Hydration Deserve All The Hype: Here's Why

Let's be honest, we are all on an extravagant mission to upgrade our daily skincare routines each and every season. That being said, only a handful of beauty rituals rival the skin-enhancing benefits of pure oils for the face, body, and hair. Granted, during the last few years, we've seen a slew of curated ads raving about the importance of face oils for glowing skin and healthy hair.

You see, these nourishing formulas often get a bad rep for clogging pores. So let's just that we understand the potential reluctance to use oils as opposed to trusted and true serum or a moisturizer. However, not all pure oils are created equal. Some come packed with AHA and antioxidants, while others are, indeed, exacerbating excess sebum.

Before you start lathering up with an array of different natural oils, take a glance at the information we listed below— you might be surprised.

Why are oils good for your skin?

Let's just say that oils for glowing skin are commonly touted as a fantastic addition to every beauty arsenal. But *why are oils good for your skin?* We hear you asking. As surprising as it may sound, face oils and body oils alike can perform miracles on most complexions, and upgrade them from dull to gleaming.

To quote the pros, "Our skin naturally makes oils and lipids, which help prevent water loss from our skin and keep it hydrated. Face oils are substances that help compliment our natural oils," [Dr. Noelani González](#), director of cosmetic dermatology at Mount Sinai West mentioned. Natural face oils are hailed as a type of emollient that can assist in strengthening the outer layer of your skin due to their softening benefits.

There is more! Face oils are your best ally against water loss. By sealing the moisture inside your skin, you end up with that healthy glow you've always coveted. Sounds good? We think so too.

Why are natural face oils important

Unlike many other beauty formulas, oils for the face and body are more often than not, plant-based. These skin-enhancing goodies are derived from flowers, roots, leaves, and roots— just to name a few. *And what's so special about that?* Well, natural face oils carry the

same benefits as the plants they've been extracted from. While they are known for their hydrating powers, face oils for skin carry antibacterial and healing properties as well.

Here is a pro tip for you. If you are as much of a skincare stan as we are, go ahead and add a few drops of your natural face oil to your moisturizer (or facial serum) to unlock even more properties. Face oils can also be applied after serum to allow the purifying effects of the serum to be sealed into your skin.

Why are oils good for your hair?

As opposed to the aforementioned skincare usage, oils for hair growth and thickness have been the Holy Grail of natural haircare routines for a pretty long time. Yes, these gems come bearing many moisturizing, softening, and protective properties. The answer as to why is more simple than you might have thought.

Contrary to our skin, our hair has no way of retaining its moisture. That often leads to our hair follicles producing sebum. To put it bluntly, sebum is a natural-occurring oil that travels down the hair shaft in order to keep them healthy, shiny, and hydrated.

Why are natural hair oils important

Now on to the bad news. This "automatic" process doesn't always work, hence natural sebum simply isn't enough to maintain our hair moisturized. And that's where hair oils really shine. They are here to cover your strands with a protective layer that may act as a way to avoid heat damage.

Additionally, natural hair oils are filled to the brim with fatty acids and vitamin E. That's actually very important when you are on a mission to create a barrier that prevents your hair from dehydration. You can go ahead and kiss frizz goodbye because hair oils also prevent humidity from messing with your hair shaft. And just in case you are in a constant battle with hair growth, natural hair oils prevent hair breakage, thus they promote quicker growth.

What is the Best Oil for Skin and Hair?

Ok, we might be a bit biased, but LuvLae's natural oils for skin and hair come very close to perfection. Just like we mentioned earlier, everything comes down to the ingredients. Rest assured that every product we promote comes from cruelty-free companies that do not participate in unethical testing. So basically, you get the best results the most minimal

impact possible. If you want to let our skin-loving face oils enhance your natural glow, here is everything you need to know.

Peach kernel oil is an otherworldly light textured and has a heavenly smell. This one is filled with omega fatty acids oleic acid and linoleic acids that provide your skin and hair with a great way to maintain their moisture balance. It also contributes to toning and firming the complexion. Coating your hair with this natural oil allows it to retain *that* shine, protects it from UV as well as fight off dryness and breakage.

The antioxidant potential of Roselle Hibiscus has been studied for a very long time. It's an excellent way to hydrate and condition the skin with a lightweight texture that goes unnoticed. It carries an array of tocopherols, antioxidant compounds that help your skin stay firm and radiant for extended periods of time. Thanks to its anti-oxidants, it's your best ally to reduce the appearance of fine lines while fighting free radicals.

If you were looking for yet another excuse to splurge on a natural face oil today, consider Plum Kernel oil your sign. It is rich in oleic fatty acids and vitamin E, hence it deeply hydrates and absorbs into the skin bringing. Talking about the most glowing, soft, smooth, satin-like finish. Additionally, if applied to the scalp and hair strands, it serves *that* instant softness you all crave.

Lemon seed oil is here to offer some much-needed shine and hydration to your hair. It comes bearing the gifts of nutrients, citric acid, calcium, magnesium, Vitamin C, pectin, and flavonoids — each of them assists in hair growth. As for your skin's needs, this natural oil rejuvenates, soothes inflammation, and upgrades your hydration levels.