



Lavender Essential Oil Top Skincare Routines Revealed

By Utama Spice

July 25, 2019

July 25, 2019 - PRESSADVANTAGE -

Bali, Indonesia based Utama Spice is eager to share the methods by which lavender essential oil can be used to treat skin problems in a recent blog post. An expert in the situations that essential oils can be used in, the company believes that the healing power of lavender essential oil in particular would make an excellent complement to anyone's skincare routine.

Lavender essential oil possesses certain unique properties that give it a natural place among healing items. As noted in this PubMed article at <https://www.ncbi.nlm.nih.gov/pubmed/26247152>, for instance, it is known to display antioxidant, analgesic, and anti-inflammatory effects on the body. While more study is required to thoroughly assess all the positive effects it possesses, its widespread use among Utama Spice's customers has shown the company some of its relatively unknown potential—a potential they wish to keep their community informed of.

To this end, Utama Spice hosts a blog in which they detail the top seven ways that lavender essential oil can contribute to a skincare routine. They begin by explaining how it can be used to treat the relatively minor nuisance of an acne breakout, saying, "Lavender oil is a surprisingly effective addition to anyone's acne and

pimple treatment. While it might seem counterintuitive to use essential oil to wash ?pimple-causing-oil? from your face, lavender oil won?t clog your pores, and its antibacterial and antioxidant properties will fight the bacteria naturally, without the need for the use of contemporary chemical-based solutions.?

The company notes that the oil?s anti-inflammatory properties will help reduce any swelling of the pores. They recommend that users rinse and clean the affected area thoroughly, after which they should add a few drops of lavender oil to a cotton swab and apply lightly to their skin.

Similarly, Utama Spice has a simple remedy for those concerned that they spend too much time exposed to harmful elements in their environment as part of their day-to-day activities. Since lavender essential oil can also be used to detoxify and promote the growth of healthier skin, the company states that, ?We recommend a nice lavender bath! Not only will the lavender oil?s antioxidants help counter the daily stress of pollutants and toxins on the skin, but it can help nourish and hydrate as well.? They add, ?For a nice, simple, at-home detoxifying lavender oil bath, we like to use some Epsom salt and lavender oil. Add the oil as you draw the tub and then soak and enjoy.?

Notably, the company has witnessed a global rise in the demand for essential oils of all kinds as more and more people explore new ways to take their health into their own hands. With so many new people taking up the use of essential oils, the company believes it is more important than ever to teach members of their community, particularly those who have just begun exploring the myriad options made available through essential oils, how they may be best put to use. This information is likely to be most pertinent to those who wish to learn of the best skincare methods available, especially since skin has the distinction of being the largest human organ.

In light of this, alternative medicine enthusiasts around the world will also be pleased to learn, if they do not already know, that lavender essential oil boasts the uncommon ability to reverse signs of ageing?and can often prevent the appearance of wrinkles. The company explains, ?The antioxidants, vitamins, nutrients, and other healing phytochemicals contained within lavender essential oil help to protect against wrinkles and spots caused primarily by the stressors of our environment like sun, pollution and free radicals.?

While Utama Spice carries products that give their customers access to more professional methods of utilising lavender essential oil for this purpose, the company is happy to share a quick alternative that can be created at home. They, ?like to recommend a blend of lavender oil and coconut oil that can be used daily as a moisturizer and wrinkle fighter.?

Other uses of lavender essential oil include the treatment of irritated skin, aiding in the improvement of blood circulation, and even hair and scalp treatments. Those who wish to learn more may contact Ria Templer of Utama Spice, or visit the company?s website to browse a list of their relevant products. Utama Spice can also

be reached through their social media platforms.

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For more information about Utama Spice, contact the company here: Utama Spice
Ria Templer +62 0361 975051
info@utamaspicebali.com
Jl. Monkey Forest, Ubud, Kabupaten Gianyar, Bali 80571, Indonesia

Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

Website: <https://utamaspicebali.com>

Email: info@utamaspicebali.com

Phone: +62 0361 975051

