

CAROLINE'S TOP 5 ESSENTIAL OILS FOR SKIN RADIANCE

Essential Radiance

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Essential Oils for Radiant Skin

As a green beauty junkie with sensitive, rosacea-prone skin, I've spent hundreds of dollars in my quest to find skincare products that would soothe the redness and inflammation, tackle the bumps on my cheeks and rejuvenate my skin.

I bought the expensive serums that promised miraculous results. Customers of these cult brands boasted in 5-star reviews about the drastic changes in their skin. But why weren't they working for me?

When a friend recommended essential oils, I started researching. I had never thought of using essential oils and was surprised to see the long list of benefits.

I quickly drafted a list of possible oils to test for rosacea but first, I had to figure out which brand to buy as there were so many on the market. My research also warned me of cheap essential oil brands that used synthetic oils or adulterated the quality by adding fillers.

After careful research, I chose doTERRA Certified Pure Therapeutic Grade (CPTG) essential oils.

I was frankly a little skeptical and had low expectations, but, at this point, everything else had failed, so I didn't have much to lose. Plus, when I opened my first bottle of essential oil, the aroma instantly uplifted me. I was intrigued...

Here's what happened...





After 2 weeks of testing my carefully crafted essential oils serums, I finally saw changes in the texture of my skin.

The persistent dry layer on my cheeks was replaced by hydrated skin. My enlarged pores shrank back to normal, and the breakouts that had been part of my daily life for YEARS were disappearing slowly but surely. My skin was BREATHING, and I was finally regaining a healthy glow.

Did I cure my rosacea with essential oils? No. Anyone that promises you'll cure your rosacea overnight is lying. Chronic skin imbalances need to be addressed at the root cause so that your skin can heal from the inside out.

The essential oils did, however, help transform the texture, elasticity and hydration of my skin. The antimicrobial, anti-inflammatory and antibacterial properties of the essential oils also tackled the breakouts, which was such a relief.

And you know what? No breakouts, smaller pores and hydrated skin makes it so much easier for me to either go without makeup (which I hadn't done in YEARS!) or, when I do wear organic, mineral-based makeup, enjoy a much nicer finished look without all the bumps and enlarged pores.

Also, I discovered that the oils could support my emotional well-being, which is quite frankly the kind of support I need on my journey to glow. Self-care, self-love, a positive mindset, and a compassionate heart are key to healing, and the oils remind me to tune into my inner healer every day for guidance and support.

So, what are essential oils?

Essential oils are the lipid-soluble mixtures of volatile aromatic compounds found in plants. They're distilled from the plant (flower, root or leaf) and isolated in a pure yield using various collection methods (steam distillation, cold pressing, solvent extractions, etc.). Each essential oil is made up of a wide variety of functional chemical constituents that give each oil its unique aroma and powerful properties.

The benefits of using pure essential oils are profound and act on multiple levels: mental, emotional and physical.

Because essential oils are so potent, you'll want to use them respectfully and discerningly. *A small amount goes a long way.*

Just to give you an idea of how potent essential oils are: it requires 1,400,000 rose blossoms to produce a liter of rose essential oil. A single ounce of this oil contains the essence of 40,000 rose blossoms, and 67 roses give only one drop of essential oil. That's a lot of plant power in one small bottle!



*Caroline's
Top 5
Essential
Oils for
Radiant
Skin*



1. Helichrysum Absolute

Helichrysum essential oil - also called immortelle- boasts many different skin-licious benefits due to its anti-inflammatory, antioxidant, antimicrobial, antifungal and antibacterial properties.

Helichrysum is highly regenerating, healing and hydrating. It's gentle on sensitive skin yet powerful enough to tackle tenacious breakouts, acne, dilated pores, circles under the eyes, even cellulite and stretch marks. Helichrysum essential oil is known to soothe inflamed skin, hives, redness, scars, blemishes and rashes.

Helichrysum can stimulate the production of healthy skin cells and combats metabolic cellular aging and, therefore, effectively reduces the appearance of fine lines, wrinkles, and scars.

Emotional Properties:

Helichrysum promotes a feeling of hope, courage, determination and perseverance, which makes it a fantastic ally if you ever feel discouraged in challenging times in your life.

How to Use:

- ✓ Add one drop to your hydrating cream
- ✓ Create your own serum by using a carrier oil and adding a few drops of Helichrysum
- ✓ Rub 1 drop in the palm of your hands with a carrier oil, inhale the aroma and apply to your 3rd chakra (solar plexus) to ground yourself in your personal power. Tune in by closing your eyes.



2. *Frankincense*

Called the King of Oils, Frankincense has so many benefits including anti-inflammatory, anti-acne, anti-aging, antibacterial, anti-scarring and astringent properties.

Frankincense can improve the elasticity of the skin, gently tackles blemishes and promotes cell regeneration. It can reduce redness and irritation, diminish fine lines and wrinkles, and protect the skin's appearance as it ages. It also promotes toning and lifting of the skin and can reduce scarring caused by acne. As you can see, it's a powerful oil to promote clear skin and a radiant glow!

Frankincense oil contains a complex mixture of monoterpenes such as alpha-pinene, Limonene, alpha-Thujene and beta-Pinene. These chemical constituents contribute to Frankincense essential oils' renewing effects when applied topically and their ability to support diverse cells in the body when taken internally.

Emotional Properties:

Frankincense invites you to open your heart as you ground into your wisdom. It will support you with generosity on your journey of self-discovery and healing. Lean on this powerful ally when you feel called to open up to the bounty of life or to navigate tumultuous times with grace and resiliency.

How to Use:

- ✓ Add one drop to your hydrating cream
- ✓ Create your own serum by using a carrier oil and adding a few drops of Frankincense essential oil
- ✓ Rub 2 drops in the palm of your hands with carrier oil and apply to your heart chakra
- ✓ Make a homemade facial mask with 1 teaspoon of raw honey, 1 drop of frankincense and 1 teaspoon of organic yogourt to cool inflamed skin



3. *Blue Tansy*

Blue essential oils such as Blue Tansy are becoming increasingly popular in the green beauty world not only for their striking blue hue but also for the soothing properties they have for sensitive, inflamed skin.

Of all the active compounds found in blue tansy, chamazulene (a mighty anti-oxidant) and a-bisabolol are known for their antihistamine, anti-inflammatory, antiviral and antimicrobial properties. Effective for treating a plethora of conditions ranging from eczema to sun damage, blue tansy acts on a cellular level, relieving heat to reduce skin inflammation. Blue Tansy promotes cell regeneration, making it a clear choice for anti-aging products to reduce wrinkles and heal damaged skin.

Applied topically in a carrier oil, Blue Tansy works to soothe rashes, blemishes, allergic reactions, psoriasis, rosacea and acne.

Emotional Properties:

Blue Tansy has been shown to combat depression, reduce anxiety, help with sleep disorders and insomnia, and soften the feeling of being out of control. Used therapeutically, Blue Tansy releases the stuck emotions of anger and allows for more flow in our lives. We are able to let go and feel less overwhelmed and more at one with ourselves.

How to Use:

- ✓ Create your own serum by using the carrier oil of your choice and adding a few drops of Blue Tansy
- ✓ Add one drop to coconut oil for a soothing massage
- ✓ Do not use undiluted as Blue Tansy will stain



4. *Yarrow Pom*

Yarrow Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil exclusive to doTERRA. It is designed to be your go-to essential oil for a true inside-out approach to aging, vitality, overall wellness, and, quite frankly, how to get that glow.

This synergistic and first-of-its-kind blend naturally up-regulates the body's protective transcription factors while activating skin-protecting proteins (inhibiting the enzymes that break down elasticity and collagen) with the added benefit of promoting collagen production.

Additionally, this active botanical powerhouse can be applied topically to revitalize aging skin and taken internally to support a healthy inflammatory response at the source and promotes healthy metabolic function.

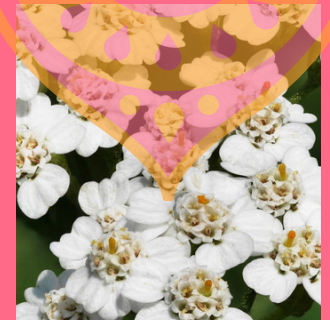
With main chemical components puniic acid (an omega 5), antioxidants, β -caryophyllene, and chamazulene, this vegan-friendly active botanical duo supports cellular, immune, and nervous system function and rejuvenation when taken internally.

Emotional Properties:

Yarrow Pom promotes a feeling of calm by dissipating anxiety or stress. Call upon this ally when you need to feel rejuvenated, nurtured and upheld.

How to use:

- ✓ Create a soothing massage experience with a few drops of Yarrow Pom to help soothe tension
- ✓ Add a few drops to your hydrating creams
- ✓ Create your own serum by adding a few drops to a carrier oil



5. *Turmeric*

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today.

Steam-distilled from the turmeric root, Turmeric essential oil has two unique chemical components: Turmerone and ar-Turmerone. Most commonly known for their nervous system and emotional benefits, these components make Turmeric essential oil a staple in your daily health routine.

With its anti-inflammatory and antibacterial properties, it can also be helpful as a natural acne treatment, fights blemishes and soothes inflammation.

Brimming with antioxidants, turmeric oil can keep your facial skin soft and supple, reduce fine lines, and give your skin a healthy glow.

Emotional benefit:

Turmeric may have an uplifting effect on the mood by helping disperse negative feelings and promoting a positive state of mind.

How to Use:

- ✓ Mix a few drops of turmeric oil in a carrier oil to make your anti-inflammatory, skin-boosting serum
- ✓ Add a few drops of turmeric essential oil to your face mask for an extra antibacterial boost
- ✓ Add one drop of turmeric, a pinch of cinnamon and nutmeg to a nutmilk for a warm comforting drink



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Crafting Your Blends & Practical Tips

Most essential oils need to be diluted before putting on the skin, but this is not the case for doTERRA's Certified Pure Therapeutic Grade essential oils.

However, because the recipes I'm sharing with you are concocted for sensitive skin, I do suggest diluting your essential oils in a high-quality, organic carrier oil.

After you have tested and experimented with the oils and you feel confident using them, feel free to increase the dosage of drops per carrier oil. Keep in mind that it's always best to start with a small amount and increase as needed.

Some of these oils can feel like a significant investment but remember that essential oils are potent, and a little goes a long way. There are 250 drops in a 15-ml bottle and 85 drops in a 5-ml bottle of doTerra's essential oil. Diluted and cared for properly, these bottles will last a long time. In the end, you will save a tonne of money making your own blends — plus, you'll have the added benefit of crafting a serum that targets *the unique needs of your skin* versus using products that target a wider range of skin benefits for a wider consumer base.

To make your blends, I suggest getting 10-ml glass roller bottles with stainless steel roller balls. Never put essential oils in a plastic bottle.

Suggested Carrier Oil:

- 📌 Organic Argan Oil
- 📌 Organic Jojoba Oil
- 📌 Organic Evening Primrose Oil
- 📌 Organic Rosehip Oil
- 📌 Organic Grapeseed Oil

*Please only use high quality, pure essential oils such as doTERRA's CPTG (Certified PureTherapeutic Grade Essential oils) to make your blends. Essential oils are extremely powerful and you do not want to damage your skin.

**Do not purchase doTERRA essential oils from Amazon, these vendors are resellers and the quality will not be guaranteed in fact, there's a high probability that the oils will have been diluted with an unknown filler.



Skin Rejuvenation *Recipes*



The Ultimate Skin Booster *Serum*

In a 10-ml roller bottle, add:

3 drops of Frankincense

3 drops of Helichrysum

3 drops Yarrow Pom

3 drops Turmeric

3 drops Blue Tansy

Top with a high quality organic carrier oil

Roll with love and intention, then massage your skin while repeating your current favorite skin-loving mantra.

The Glowgetter Anti- Inflammatory Serum

In a 10-ml roller bottle, add:

5 drops Turmeric

5 drops Yarrow Pom

5 drops Frankincense

Top with a high quality organic carrier oil

Roll with love and intention, then
massage your skin while repeating your
current favorite skin-loving mantra.



I Am Loved Skin Rejuvenating Serum

In a 10-ml roller bottle, add:

3 Blue Tansy

5 Yarrow Pom

2 Frankincense

Top with a high quality organic carrier oil

Roll with love and intention, then massage
your skin while repeating your current favorite
skin-loving mantra.

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About Caroline

Caroline Frenette — Certified Advanced Transformative Coach® a.k.a. Supercoach — is the owner of an international coaching and consulting business, the host of The Journey To Glow podcast and the founder of Journey To Glow.

After living with rosacea for 10+ years, she decided to embark on the journey of discovering how to heal her skin from the inside-out.

Through her research, she realized that there are millions of women who also suffer from rosacea or some kind of skin imbalance, many also feeling, like her, frustrated at the contradictory information on the internet..

Caroline founded Journey To Glow to provide education, empowerment and support to women worldwide wanting to heal rosacea holistically and naturally.

When she's not cooking organic food or stand up paddle boarding, Caroline geeks out on making curated essential oils blends for her clients and friends.

She lives in the Eastern Townships of Quebec, Canada with her fiancé, 3 Schnoodles and 2 very furry cats.

To learn more about Journey To Glow, please visit [journeytoglow.com](https://www.journeytoglow.com)



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