

SKIN DISORDERS

(See also [BLISTERS AND BOILS](#), [LIVER DISORDERS](#) and [MENSTRUAL CONDITIONS](#))

Our skin is our armor and the largest absorbent organ of the body. Protecting the skin environment is essential. Many chemical molecules are too large to be absorbed and lay on the surface of the skin, causing irritation, resulting in rashes, itching, blemishes, flaky and dry skin, dandruff, and allergies. Essential oils are soluble through lipids in the skin and are easily absorbed.

Many skin conditions may be related to dysfunction

of the liver. It may be necessary to cleanse, stimulate, and condition the liver and colon for 30 to 90 days before the skin begins to improve.

Abscesses/Boils:

Skin abscesses are small pockets of pus that collect under the skin. They are usually caused by a bacterial or fungal infection.

A number of essential oils may reduce inflammation and combat infection, helping to bring abscesses/boils to a head, so they can close and heal.

Single Oils:

Tea tree, frankincense, helichrysum, peppermint, lavender, lemon, German chamomile, *Eucalyptus radiata*, rosemary, thyme, mountain savory, palmarosa, patchouly, rosewood, juniper, ravenara, oregano

Blends:

Melrose, Purification, Exodus II, ImmuPower, Thieves, Sacred Mountain

EO Applications:

TOPICAL:

DILUTE 50-50, apply on location 3-6 times daily

Dietary Supplementation:

JuvaTone, Essential Omegas, Cleansing Trio, AD&E

Acne

(See CLOGGED PORES in this section)

Acne results from an excess accumulation of dirt and sebum around the hair follicle and the pores of the skin. This accumulation may be due to an over-production of sebum, an oily substance that is secreted by the sebaceous glands in the hair follicles. As the pores and hair follicles become congested, bacteria begins to feed on the sebum. This leads to inflammation and infection around the hair follicle and the formation of a pimple or a puss-filled blackhead.

One of the most common forms of acne, *Acne vulgaris*, occurs primarily in adolescents due to hormone imbalances which stimulate the creation of sebum.

Acne in adults can be also be caused by hormone balances, as well as use of chlorinated compounds, endocrine system imbalances, or poor dietary practices. Heavy or greasy makeup can also contribute to acne.

Tips for Clearing Up Acne

- Eliminate dairy products, fried foods, chemical additives, and sugar from diet.
- Avoid use of makeup or chlorinated water.
- Avoid contact with plastics which may exude estrogenic chemicals.
- Topically apply essential oils such as tea tree to problem areas. Tea tree was shown to be equal to benzoyl peroxide in the treatment of acne, according to research published in the *Medical Journal of Australia*.⁴⁰
- Begin a cleansing program with the Cleansing Trio and Sulfurzyme.

Stress may also play a role. According to research conducted by Dr. Toyoda in Japan, acne and other skin problems are a direct result of physical and emotional stress.⁴¹

Essential oils are outstanding for treating acne because of their ability to

dissolve sebum, kill bacteria, and preserve the acid mantle of the skin. Because essential oils may be slightly drying to the skin when applied undiluted, it may be necessary to dilute them with V6 Oil Complex or grapeseed oil to keep the skin hydrated.

Single Oils:

Tea tree, geranium, vetiver, blue cypress, lavender, patchouly, German or Roman chamomile, rosewood, cedarwood, *Eucalyptus radiata*, orange, clove

Blends:

Melrose, Thieves, Gentle Baby, Purification, JuvaFlex, JuvaCleanse

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50 as required. Gently massage 3-5 drops into oily areas 1-3 times daily. Alternate oils daily for maximum effect

Dietary Supplementation:

Essential Omegas, Power Meal, Mineral Essence, Exodus, Super C, Super C Chewable, Stevia, VitaGreen, Cleansing Trio, Wolfberry Crisp

To resolve acne caused by hormonal imbalance: Estro Tincture, Ultra Young, Progessence Cream

Topical Treatment:

Mint Satin Scrub, Juniper Satin Scrub, Progessence Cream, Ortho Ease, Melaleuca-Geranium Bar Soap, Lemon-Sandalwood Bar Soap.

Burns

(See [BURNS](#))

Lemongrass and Skin Care

Lemongrass helps clear acne and balances oily skin conditions. Lemongrass is the predominant ingredient in Morning Start Bath and Shower Gel, which can be used to balance the pH of the skin, decongest the lymphatics and stimulate circulation.

Essential oils that help the skin

To rejuvenate and heal skin:

- Rosewood

To prevent and retard wrinkles:

- Lavender, spikenard, and myrrh

To regenerate the skin

- Geranium, helichrysum, and spikenard

To restore skin elasticity

- Rosewood, lavender
- Ylang ylang with lavender

To combat premature aging of the skin

Mix the following recipe into 1 tablespoon of high grade, unperfumed skin lotion and apply on location twice daily.

- 6 drops rosewood
- 4 drops geranium
- 3 drops lavender
- 2 drops frankincense

Chapped, Dry, or Cracked Skin

Single Oils:

Roman chamomile, neroli, rose, cedarwood, palmarosa, sandalwood, lavender, spikenard, myrrh, rosewood

Blends:

Chapped skin blend:

- 1 drop rosewood
- 1 drop patchouly
- 1 drop geranium

Dry skin blend:

- 1 drop rose
- 1 drop Roman chamomile
- 1 drop sandalwood

EO Applications:

TOPICAL:

DILUTE 20-80 in a quality, unperfumed lotion base or other high grade emolient, skin oil, apply on location as often as needed

Topical Treatment:

Tender Tush Ointment, Sandalwood Moisturizing Cream, Satin Body Lotion, Rose Ointment

Lip Treatment:

Cinnamint Lip Balm

Combine 3-5 drops of essential oils with 1 tsp of Sensation and Genesis Body lotion to create a very effective lotion for rehydrating the skin of chapped hands and maintaining the natural pH balance of the skin.

Alternate oils of rose, Roman chamomile, or sandalwood with body lotion.

Bath and shower gels, such as Dragon Time, Evening Peace, Morning Start, and Sensation, are formulated to help balance the acid mantle of the skin. The AromaSilk Bar Soaps are rich in moisturizers.

Drink at least 8 glasses per day of purified water.

Clogged Pores

Single Oils:

Lemon, orange, tea tree, geranium

Blends:

Purification

EO Applications:

TOPICAL:

NEAT, apply 2-4 drops to affected area and gently remove with cotton ball

Topical Treatment:

AromaSilk, Bar Soaps especially Melaleuca-Rosewood, and Sandalwood Toner. Juniper or Mint Facial Scrub are gentle exfoliators designed to clarify skin and reduce acne. (If their texture is too abrasive for your skin, mix them with Orange Blossom Facial Wash. This is excellent for those with severe or mild acne.)

Spread scrub over face and let dry for perhaps 5 minutes to draw out impurities, pulling and toning the skin at the same time. Put a hot towel over face for greater penetration. Wash off with warm water by gently patting skin with warm face cloth. If you do not have time to let the mask dry, gently massage in a circular motion for 30 seconds, then rinse. Afterwards, apply Sandalwood Moisture Cream or AromaSilk Satin Body Lotion. This also works well underneath foundation makeup.

Diaper Rash

Single Oils:

Lavender, helichrysum, German chamomile cypress

Blends:

Gentle Baby

EO Applications:

TOPICAL:

DILUTE 50-50, apply on location 2-4 times daily

Topical Treatment:

Tender Tush Ointment, Lavaderm Cooling Mist, Lavender-Rosewood Bar Soap

Eczema / Dermatitis

(See PSORIASIS in this section)

Eczema and dermatitis are both inflammations of the skin and are most often due to allergies, but also can be a sign of liver disease (See [LIVER DISORDERS](#)).

Dermatitis usually results from external factors, such as sunburn or contact with poison ivy, metals (wristwatch, earrings, jewelry, etc.). Eczema usually results from internal factors, such as irritant chemicals, soaps and shampoos, allergy to wheat (gluten), etc. In both dermatitis and eczema, skin becomes red, flaky and itchy. Small blisters may form and if broken by scratching, can become infected.

Single Oils:

Lavender, juniper, ledum, *Citrus hystrix*, celery seed, cistus, Roman and German chamomile, geranium, rosewood, thyme

Blends:

JuvaFlex, JuvaCleanse, Purification, Melrose, Gentle Baby

EO Applications:

TOPICAL:

DILUTE 50-50, apply as needed on location

Dietary Supplementation:

Cleansing Trio, JuvaTone, Rehemogen, Rose Ointment, Juva Power, Detoxyme

Freckles

Single Oils:

Idaho tansy.

EO Applications:

TOPICAL:

DILUTE, 4-6 drops in 1/2 teaspoon of high grade, unperfumed skin lotion. Spread lightly over freckle areas. Use 2-3 times weekly

Fungal Skin Infection

(See [FUNGAL INFECTIONS](#))

Single Oils:

Oregano, lemongrass, tea tree, naiouli, *Melaleuca ericifolia*

Blends:

Melrose

Antifungal skin blend:

- 10 drops patchouly
- 4 drops lavender
- 2 drops German chamomile
- 5 drops lemon

EO Applications:

TOPICAL:

DILUTE 50-50, apply on location, 3-5 times daily

Dietary Supplementation:

Royaldophilus, Cleansing Trio, Mineral Essence, AD&E, Essential Omegas

Topical Treatment:

Sandalwood Moisturizer Cream, Rose Ointment

Itching

Itching can be due to dry skin, impaired liver function, allergies, or over-exposure to chemicals or sunlight.

Single Oils:

Peppermint, oregano, lavender, helichrysum, patchouly, nutmeg, German chamomile

Blends:

Aroma Siez

EO Applications:

TOPICAL:

DILUTE 50-50, Apply 2-6 drops on location as needed

Dietary Supplementation:

Juva Flex, Essential Omegas, JuvaTone, ComforTone

Topical Treatment:

Tender Tush Ointment

Melanoma

(See [CANCER](#))

Moles

To remove moles: Apply 1-2 drops of oregano neat, directly on the mole, 2-3 times daily.

Poison Oak - Poison Ivy

Single Oils:

Peppermint, *Eucalyptus dives*, German chamomile, lemongrass, lemon, Idaho tansy, tea tree, rosemary, basil

Blends:

Thieves, Purification, Sensation, Melrose, Gentle Baby, R.C., JuvaFlex, JuvaCleanse, Release

EO Applications:

TOPICAL:

DILUTE 50-50, apply 4-6 drops to affected areas twice daily

COMPRESS, Cold, apply on affected area, twice daily

Dietary Supplementation:

Master Formula vitamins

Topical Treatment:

Rose Ointment, Stevia, Satin Body Lotion, Morning Start Bath and Shower Gel, Thieves Antiseptic Spray

Treating Psoriasis with pH Balance

Psoriasis, eczema, dermatitis, dry skin, allergies, and similar problems indicate an excessive acidic pH in the body. The more acid in the blood and skin, the less therapeutic effect the oils will have. People who have a negative reaction to oils are usually highly acidic. An alkaline balance must be maintained in the blood and skin for the oils to work the best. AlkaLime and VitaGreen are both help-ful for this balancing. (See [FUNGUS](#))

Psoriasis

Psoriasis is a non-infectious skin disorder that is marked by skin lesions that can occur in limited areas (such as the scalp) or that can cover up to 80-90 percent of the body.

The overly rapid growth of skin cells is the primary cause of the lesions associated with psoriasis. In some cases, skin cells grow four times faster than normal, resulting in the formation of silvery layers that flake off.

Symptoms:

- Occurs on elbows, chest, knees, and scalp.
- Slightly elevated reddish lesions covered with silver-white scales.
- The disease can be limited to one small patch or can cover the entire body.
- Rashes subside after exposure to sunlight.
- Rashes recur over a period of years.

Single Oils:

Roman chamomile, tea tree, patchouly, helichrysum, rose, German chamomile, lavender

Blends:

Melrose, JuvaFlex, JuvaCleanse

Psoriasis blend:

- 2 drops patchouly

- 2 drops Roman chamomile
- 2 drops lavender
- 2 drops Melrose

EO Applications:

TOPICAL:

NEAT, apply 2-4 drops to affected area twice daily. 6-10 drops can be added to 1 tsp of regular skin lotion and applied daily or as needed

COMPRESS, warm, 3 times weekly

INGESTION:

CAPSULE, 0 size, 1 per day

Dietary Supplementation:

Essential Omegas, Cleansing Trio, AlkaLime, JuvaTone, JuvaPower, Sulfurzyme

Topical Treatment:

Tender Tush Ointment, Rose Ointment

Sagging Skin

Single Oils:

Lavender, helichrysum, patchouly, cypress

Topical Treatment:

Cel-Lite Magic, Boswellia Wrinkle Cream

Skin firming blend (morning):

- 10 drops tangerine
- 10 drops cypress

Skin firming blend (night):

- 8 drops geranium
- 5 drops cypress
- 5 drops helichrysum

- 1 drop peppermint

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50, massage 4-6 drops on affected area twice daily. Use morning blend before dressing in the morning; evening blend before bed at night.

Strength training with weights can help tighten sagging skin.

Skin Ulcers

Single Oils:

Rosewood, clove, helichrysum, Roman chamomile, patchouly, myrrh, lavender

Blends:

Melrose, Purification, Relieve It, 3 Wise Men, Gentle Baby

EO Applications:

TOPICAL:

NEAT or DILUTE 50-50, massage 4-6 drops on affected areas 2 times daily

Dietary Supplementation:

Super C, Exodus, Cleansing Trio

Topical Treatment:

Tender Tush Ointment, AromaSilk Satin Body Lotion, Boswellia Wrinkle Cream

Stretch Marks

Stretch marks are most commonly associated with pregnancy, but can also occur during growth spurts and periods of weight gain.

Single Oils:

Lavender, frankincense, elemi, spikenard, geranium, myrrh

Blends:

Gentle Baby

EO Applications:**TOPICAL:**

NEAT or DILUTE 50-50, apply on affected areas 2 times daily

Dietary Supplementation:

Sulfurzyme, Essential Omegas

Topical Treatment:

Tender Tush Ointment, Rose Ointment

Vitiligo

A skin disorder marked by patches of skin devoid of skin pigmentation.

Single Oils:

Vetiver, sandalwood, myrrh

Blends:

Purification, Melrose

EO Applications:**TOPICAL:**

NEAT, apply 2-4 drops on location, 2 times daily

Wrinkled or Rough Skin**Single Oils:**

Frankincense, helichrysum, cypress, rose, lavender, ylang ylang, patchouly, sage, geranium, clary sage, rosewood, sandalwood, jasmine, neroli, palmarosa, spikenard

Blends:

Gentle Baby, Sensation

Wrinkle-reducing blend:

- 5 drops sandalwood
- 5 drops helichrysum
- 5 drops geranium
- 5 drops lavender
- 5 drops frankincense

EO Applications:

TOPICAL:

DILUTE 50-50 in high grade, unperfumed body lotion (AromaSilk Satin Body Lotion) or an emollient vegetable oil and apply on location as needed

NOTE: Be careful not to get lotion or oils near the eyes.

Dietary Supplementation:

Ultra Young, Berry Young Juice, Master Formula vitamins, Thyromin, Stevia

Topical Treatment:

AromaSilk Satin Body Lotion, Rose Ointment, Lavender, Valor and Lemon-Sandalwood Bar Soaps, NeuroGen, Boswellia Wrinkle Cream, Sandalwood Moisture Cream

Boswellia wrinkle cream is excellent for dry or prematurely aging skin.

Rose Ointment was developed to feed and rehydrate the skin and to supply nutrients necessary to slow down the aging process. Moreover, it contains no synthetic chemicals which can cause skin irritation.

40. Bassett IB, et al. "A comparative study of tea-tree oil versus benzoyl peroxide in the treatment of acne." *Med J Aust.* 1990;153(8):455-8.

41. Toyoda M, Morohashi M, "Pathenogenesis of acne," *Med Electron Microse* 2001 Mar;34(1):29-40.

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