

THE SECRET TO glowing skin

Boost your beauty regimen with deeply nourishing hair, face and body oils, writes **Sheree Mutton.**



STILL-LIFE PHOTOGRAPHY BY CHRIS JANSEN AND RODNEY MACUJA. GETTY IMAGES; THINKSTOCK BY GETTY IMAGES. ALL PRICES ARE APPROXIMATE.

A FEW YEARS BACK, oils were considered too greasy for the skin, clogging pores and causing nasty breakouts. Those bottles of golden liquid also left hair looking like it hadn't been washed for weeks. Fast forward to 2016 and we know they're bursting with benefits. Beauty oils can help with everything from dry hair to ageing skin. Here, we reveal the new oils for your hair, face and body, and how to use them.

Hair oils

There are many oils on the market, including argan, coconut, macadamia and almond oil. Rich in nutrients, they can help to moisturise the scalp and hair strands, add shine, tame frizz and repair damaged hair locks.

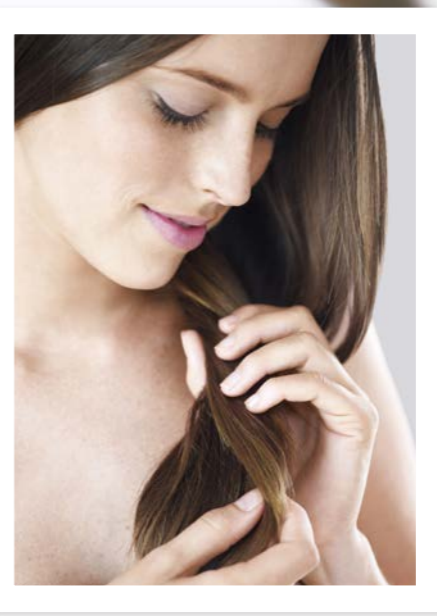
RAW Hair Salon owner Anthony Nader says the formulation of hair oils has improved over the past few years. Once the view was that an oil would "weigh your hair strands down and make you look like you've just been caught in a downpour."

Now, he says, oils "have changed dramatically and won't weigh down your strands, but also they feed your hair the nutrients and goodness they deserve."

Anthony says hair oil will help to revitalise dull hair. "Always apply it on damp hair before blow-drying," he advises. "This, I find, absorbs into each hair strand far better than when your strands are dry. Also, I tend to find that by drying the oil in, there's absolutely no chance that the hair shows even 1 per cent of oiliness, which is the key."

"If you're time-poor and need to run out the door, use the oil in between your palms to rake it through your mid-lengths and ends, then you can even twist sections [about 4cm or 5cm] and then leave. This will give your hair more controllability and will form the most perfect waves for your day ahead."

Another handy tip: "When you're giving yourself a moisture treatment at home, add a few drops of hair oil as well and pop on a shower cap. This keeps in the heat and accelerates the ingredients to perform to the max." >



FOR THE HAIR

1. **AVEDA** Dry Remedy Daily Moisturising Oil, 30ml, \$40.
 2. **Kardashian Beauty** Black Seed Dry Oil, 89ml, \$34.50.
 3. **JOICO** K-PAK Color Therapy Restorative Styling Oil, 100ml, \$27.95.
 4. **John Frieda Frizz Ease** Nourishing Oil Elixir with Argan Oil, 88ml, \$16.99.
 5. **Matrix Oil Wonders** Egyptian Hibiscus Colour Caring Oil, 125ml, \$20.95.
- BEST OF THE REST:** **Goldwell** Elixir Oil Treatment, 100ml, \$34.95. **Shu Uemura** Straightforward Blow Dry Oil, 185ml, \$45.

Beauty top tip

Apply oil on damp hair before blow-drying – it absorbs better this way.



Face oils

Facial oils can assist with almost every skin problem, from dryness to acne and ageing.

It may sound counter-intuitive, but facial oils can actually help to normalise your skin's natural oil production. Stripping the skin with a harsh cleanser can often result in your oil glands becoming overactive. Whereas, a facial oil such as jojoba oil will cleanse the pores of dirt and bacteria that can cause pimples.

Skin expert Amy Erbacher says jojoba oil works well for those people with normal or combination skin because it mimics our own sebum and is a light and fine oil. "When selecting an oil, keep in mind the viscosity of the oil," advises Amy. "For example, if you have oily skin and are prone to blackheads, I'd steer clear of heavier oils such as olive and coconut oil."

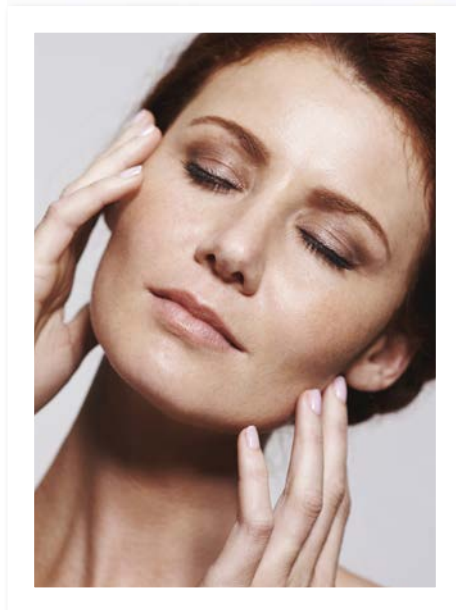
Facial oils can also be your number one defence against fine lines and wrinkles because they plump and rehydrate the skin. When looking for a facial oil to help with the signs of ageing, opt for one that is packed with antioxidants. This will help protect against sun damage and free radicals such as smoke and pollution.

"Rosehip and carrot seed [rich in vitamin A] are both regenerative and assist cell turnover," says Amy. Evening primrose oil and borage seed oil are also beneficial for mature skin.

"Borage seed oil is rich in gamma-linoleic acid," she explains. "It's also regenerative and firming, often used in anti-ageing and wrinkle preparations to fight dehydration."

Amy suggests being selective about which oils you apply in the morning. "Especially in the Australian climate and harsh rays, you want to avoid photo/sun sensitivity/pigmentation," she says.

"Any oil applied topically to your skin in the day can burn, so apply sunscreen or a moisturiser with a high SPF factor over the top." >



FOR THE FACE

1. Trilogy Certified Organic Rosehip Oil, 20ml, \$21.95. **2. SK-II Facial Treatment Oil**, 50ml, \$185. **3. The Jojoba Company 100% Natural Jojoba + Rosehip Oil**, 30ml, \$29.95. **4. Stem Rejuvenating Face Oil**, 50ml, \$49. **5. Palmer's Ultra Gentle Facial Cleansing Oil**, 192ml, \$14.99.

BEST OF THE REST: **Natio Renew Silky Shea Miracle Face Oil**, 30ml, \$26.95. **Ole Henriksen Pure Truth Youth Activating Oil**, 30ml, \$59. **Philosophy When Hope Is Not Enough Omega 3.6.9 Replenishing Oil**, 25ml, \$60. **Clarins Lotus Facial Treatment Oil**, 30ml, \$55. **Dermaquest Universal Cleansing Oil**, 177ml, \$65. **Elizabeth Arden Ceramide Replenishing Cleansing Oil**, 195ml, \$65. **ALPHA-H Liquid Laser Cleansing Oil**, 100ml, \$49.95.





Beauty top tip

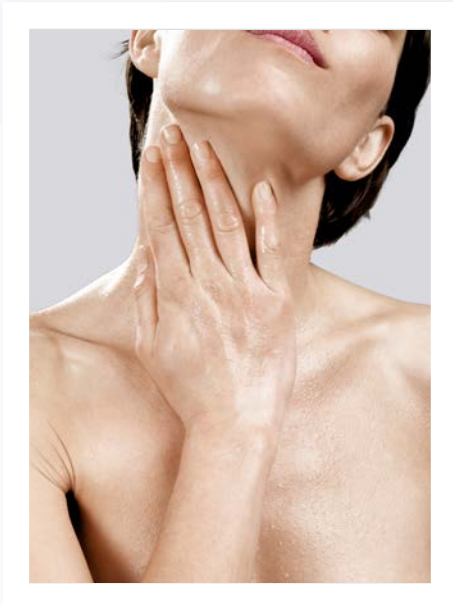
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Body oils

There's no better time than in winter to add a nourishing body oil to your skincare routine. Massaging oil into the skin directly after a shower will lock in moisture and may ease dryness, itchiness and tightness. Oils have the ability to penetrate skin much further than ordinary creams and create a protective layer. "Some oils act as an occlusive barrier for the skin. For example, olive oil and coconut oil are heavier oils and act more as an emollient for the skin," says Amy Erbacher.

Silky body oils can also leave your skin looking more firm and supple, while helping reduce the appearance of cellulite. And if stretch marks are a problem, lathering oil on your skin can diminish the development of the scar-like stripes on the stomach, thighs, buttocks and other areas of the body. Alternatively, look for essential or plant-derived oils if you're suffering from tired or fatigued muscles.

The best part is that most body oils tend to absorb into the skin quickly and aren't greasy, so there's no need to worry about a sticky residue or a film rubbing onto your clothes. #



FOR THE BODY

- 1. Revitanail Nourishing Oil, 14ml, \$15.95.
- 2. Antipodes Heavenly Body Oil, 100ml, \$49.
- 3. ILUKA Rosehip Oil, 30ml, \$29.99.
- 4. Thursday Plantation Nurture Oil, 60ml, \$13.50.
- 5. Jergens Shea Beauty Oil, 147ml, \$10.99.

BEST OF THE REST: Joan Collins Timeless Beauty I Am Woman Skin Silk Body Oil, 100ml, \$39.95. Weleda Pomegranate Regenerating Body Oil, 100ml, \$29.95. Nude by Nature Nude Oil, 60ml, \$19.95. Oribe Côte d'Azur Luminous Hair & Body Oil, 100ml, \$109. Ultracuticals Ultra Revitalising Body Treatment Oil, 200ml, \$59. Go-To Exceptionoil, 85ml, \$51. La Prairie Cellular Swiss Ice Crystal Dry Oil, 30ml, \$385. NUXE Huile Prodigieuse, 50ml, \$26.99.



Remember: Applying a cuticle oil daily will help keep your nails and cuticles nourished, and prevent them from splitting.

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