

What is the difference between body lotions and body oils?

Body oil application is not the usual moisture management routine of many. It can be greasy, slippery and builds up moisture a lot more than what the traditional body lotion can offer.

Body lotions are formulated with a variety of oils containing emulsifiers that when combined, the oils and water bond together resulting in a creamy, smooth mixture that can easily be applied. Other than fragrances, preservatives and water, the total oil composition in a body lotion usually does not exceed 15% of the formulation.

Body lotions are versatile must-haves and can be almost always readily available where you go. It provides the extra moisturizing the skin needs. It helps retain the moisture to help with nourishment, hydration and protection of the epidermal layer of the skin. Body lotions marketed with no preservatives are great, however, it can also be the perfect environment for bacteria and moulds to grow.



Body oils has the same benefits as body lotions but offers a lot more on our skin because of the concentration of oil content which may include essential oils and its ability to nourish, protect & it last longer when applied.

- Body oil applications are long lasting resulting in supple healthy skin that stays soft and moisturized.
- Body oils does not have or don't require preservatives that are potentially harmful chemicals causing irritation.
- Body oils are undiluted providing your skin with real nourishment.

Many people steer away from body oils because they don't know how to use them. There is a correct way, and an incorrect way to apply body oils.

Here are some points to remember when applying body oils:

1. Always apply body oil on wet skin.

Body oils are best absorbed when applied or massaged on wet skin surface like after morning or evening shower. Do not rub, pat dry to remove excess oil. Light effleurage massage allows the moisture to penetrate the outer layer of the skin creating a moisturizing barrier to prevent skin dehydration. During showering, our pores are open, the best time to allow water and body oil to create that film to protect and lock in the moisture. You can re-apply on areas where your skin needs hydration for example, hands and arms. Simply wet the area with water and apply a

drop or tow of body oil and massage. You will notice as days go by, the need for applications during the day is reduced compared to using body lotions.

2. Never use body oils on dry skin.

If the skin is already dry, applying body oil will not be easily absorbed and will only leave you with a greasy, shiny layer on the skin. Our skin when we sweat naturally produces sebum and fatty acids that helps with maintaining good skin condition. That is why it is great to exercise to allow our body to expel sweat! When the skin is deprived of excess moisture, the out surface is scaly and dry. Adding oil won't help re-hydrate it. In extreme cases, a body scrub is essential to facilitate removal of dead skin cells.

3. Only use a few drops of body oil.

Always remember that you will need to mix water and body oil to help with moisture penetrating onto the skin layer. Only a few drops oil is required. Your body oil will last longer than the lotion and more economical in this sense. The correct amount of body oil required is different from individual to individual. It will also depend on the many factors like temperature of the environment, humidity/dryness, your skin type, and many other factors. Don't be afraid to test how much you need, however, keep in mind that less is more.