

# Cultural Daily

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## How to Use Face Oil Correctly

Our Friends · Friday, January 24th, 2025

Adding face oil to your skincare routine can transform your complexion, leaving it radiant and deeply hydrated. However, using it incorrectly can lead to clogged pores or greasy skin, leaving many unsure of the best way to incorporate it into their routine. This article will guide you on how to use **face oil** correctly for maximum benefits.

### 1. Preparing Your Skin

To use face oil effectively, start by preparing your skin. It is important to thoroughly cleanse your face to remove dirt, makeup, and excess oil.

If you want to avoid irritation, use a cleanser that is gentle and is formulated for your skin type. Pat your face dry with a soft towel, leaving it slightly damp—this helps the oil absorb better.

If you use toner or serum, apply those first, as face oil works best as the last layer to seal in moisture. Properly prepped skin ensures you **get the full benefits** of the face oil.

### 2. How Much Face Oil to Use

Face oil is highly concentrated. Typically, 2–4 drops are enough for your entire face. Using too much can make your skin feel greasy and clog pores.

Adjust the amount based on your skin's needs—dry skin might need a little more, while oily skin requires less. Start small, and you can add a drop if needed. Dispense the oil into your palm, then rub your hands together to warm it up for better application.

### 3. Applying Face Oil Correctly

Gently press the oil into your skin instead of rubbing it. Your cheeks should be your first point of contact, followed by your forehead, nose, and chin.

Use upward motions to massage the oil in, which also improves blood circulation. Avoid the eye area unless the oil is specifically safe for that region. Patting the oil into your skin helps it absorb better and prevents tugging, which can cause irritation.

### 4. When to Use Face Oil in Your Skincare Routine

Face oil is typically used as the last step in your nighttime skincare routine or before sunscreen in

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the morning. At night, it locks in moisture and boosts hydration while you sleep.

During the day, it can create a smooth base for makeup. Always apply face oil after lighter products like serums and moisturizers. This ensures the oil seals in hydration rather than blocking other products from absorbing.

## 5. Customizing Face Oil Usage for Skin Types

Different skin types require different approaches to face oil. For dry skin, use it twice daily to keep your skin hydrated.

Oily or acne-prone skin may benefit from lightweight, non-comedogenic oils and less frequent use, such as a few times a week. Sensitive skin should stick to gentle, fragrance-free oils.

Observe how your skin reacts and adjust the usage accordingly. Customizing your routine ensures face oil enhances your skin's health without causing problems.

## Have This Luxurious Step Toward Healthy, Glowing Skin

Remember, skincare is self-care, and face oil is your ultimate ally in achieving a hydrated, luminous complexion. Take this step today and let your skin thank you tomorrow!

*Photo by Olha Ruskykh via Pexels*

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