Benefits of using olive oil for a healthy skin

Olive oil, made by pressing olives and extracting oil from them, is very beneficial for a healthy skin. Rich in antioxidants and vitamins that improve the moisturisation process of the skin, while also enhancing anti-aging effects, olive oil presents an effective option for an ideal skincare routine. Let's take a look at some of the benefits of olive oil for your skin.

Moisturising of the skin

One of the biggest benefits of olive oil is it moisturises by reducing the amount of water your skin loses. Olive oil is full of vitamin A and E, but also other vitamins like D and K which helps shield even the most delicate of skins. Whether using it as a moisturiser or by mixing it with your night cream, olive oil adapts to your skin effortlessly.

Fixing damaged skin tissues

Whether it's the cracked skin on elbows or knees or superficial wounds, using olive oil offers an ideal solution. Furthermore, olive oil also regulates certain bacteria's appearance on the face, making it effective against acne. The vitamin D in olive oil also helps against skin conditions like rosacea and psoriasis by calming down inflammation.

Revitalise your face

Olive oil is known to stimulate the production of collagen in your skin and its high concentration of oleic acid helps in regenerating your skin cells, giving your skin the elasticity and natural shine that it needs.

Antioxidants to help anti-aging

Aging is a natural process for everyone, with external factors like pollution, stress and other harmful habits only accelerating that aging process, but thanks to the high concentration of polyphenols in olive oil, it fights against the formation of free radicals that's responsible for aging cells and also acts as a shield against harmful effects of the sun.

An effective cleanser

Skin cleansing is an essential step in any skin care regimen and olive oil can be a vital part of that routine when used to remove make-up or traces of sunscreen. Using olive oil as a make-up remover helps to avoid aggressive surfactants that damages the skin. As olive oil can be used directly on the skin or on reusable pads, it has no bad effects on your skin.

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