

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

A portrait of a woman with dark, curly hair and heavy makeup, including dark eyeshadow and pink lipstick. She is wearing a white lace top and is holding her hands up to her face, with her fingers resting against her eyes. A tattoo of a figure is visible on her left forearm. The background is a solid, light grey.

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

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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.

Effects of the sun: **An effective cleanser**

An effective cleanse. 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.

By Feda Al Hossain

Photo: LS Archive/Sazzad Ibne Sayed

An advertisement for Meril Olive Oil. On the left, a woman with dark hair is smiling, resting her head on her hand. She is holding a sprig of green olive leaves. Above her head is a sprig of olive leaves with three green olives. The background is a soft yellow. On the right, there is a large yellow can of Meril Olive Oil and a smaller glass bottle of oil next to some whole green olives and olive leaves. The Meril logo is in the top right corner. At the bottom left is a QR code and the text 'প্রয়োজন কিম্বা ক্ষয় করুন' (Get what you need, not what you don't). At the bottom right is a small note in Bengali: 'সর্বাধিক সুস্থল পেতে বাতে মুমাজোর জন্মে বাবুগাঁওর ক্ষেত্রে' (Get the most relief from Vata, where Babugonj is located).