

Why olive oil should be your skincare staple

Within the constantly dynamic world of skin care, olive oil remains one of those products that has been a staple all along. Whether it is from the clay containers in the ancient home or the sleek glass bottles that reside in the contemporary home, a bottle of olive oil has always been a symbol of dependability.

Now, let's explore how you can incorporate this liquid gold into your skin care regimen.

To begin with, if you want to use olive oil as a daily moisturiser, then for optimum results, you should put it on your slightly damp skin. Just a few drops of olive oil heated between the palms seal the moisture. It is a total turnaround for skin that is dry or sensitive, no more flaky or itching skin. Moreover, your face does not feel heavy or greasy at all.

It is rich in vitamin E, polyphenols, and healthy fats. That means when you apply it to your skin, it gets a boost of hydration, protection, and a natural glow. These nutrients help restore your skin's barrier, which keeps out pollution, stops

dryness, and calms down irritation. When your barrier is healthy, your skin looks smoother, softer, and calmer.

Olive oil can also be used as an efficient makeup remover. Unlike some harsh removers, it melts away stubborn mascara and foundation without any rough scrubbing. It does not mess with your skin's natural oils or clog your pores; on top of that, it acts as a temporary recovery layer.

Combating oxidative stress, one of the primary causes of fine lines and dull skin, is yet another innate nature of this oil. While it will not eliminate wrinkles overnight, regular use enhances skin elasticity, providing an even-toned, supple skin.

Honestly, olive oil is a prerequisite for nourished skin in winter. The cold air outdoors and dry heat indoors can strip moisture, making the skin feel dry and uncomfortable. So, olive oil becomes a comforting solution, adding a healthy, natural radiance without making it greasy.

Its rich emollient properties work to

deeply nourish these spots, helping to restore softness and smoothness, while effectively preventing further dryness and irritation. For best results, apply it regularly to particularly dry areas such as elbows, cuticles, and heels, where skin tends to become rough and is prone to cracking.

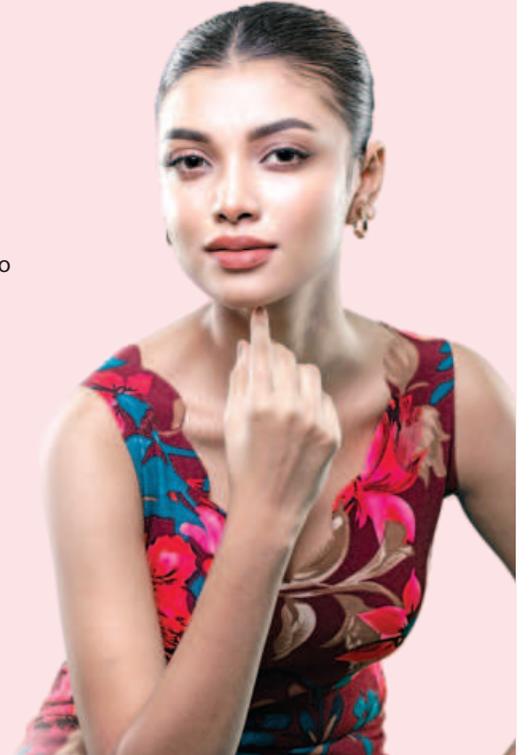
Olive oil is also a fantastic base for homemade scrubs. When used in a scrub formulation that is gentle on the skin, it prevents discomfort because of its soothing nature that protects and smoothens the skin while eliminating dead skin cells. Additionally, it leaves your skin supple and prepares the skin to absorb moisturisers more.

When it comes to babies, parents want the gentlest and safest options of all. Baby skin is thinner and way more sensitive, but moisturisation is mandatory. That is why olive oil is a trusted choice for baby massages — no harsh chemicals, no strong smells, just pure comfort.

In a world where there are so many difficult-to-follow skincare routines and so many ingredient lists involved, olive oil can show people that there is actually more to good skin care, and that it does not always have to be

so complicated. This can easily work, whether in the cleansing routine on a daily basis or in treatments.

By KT Humaira
Photo: LS Archive / Sazzad Ibne Sayed



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