



## 7 Essential Oils to Calm Eczema

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### Different Types of Essential Oils for Eczema

Essential oils are great. They smell lovely and are derived from plants. They can make you feel relaxed, invigorated, reduce nausea, promote healing and more. Many people also use essential oils for eczema.

Many people assume that essential oils are harmless, but this isn't always the case. If you use them incorrectly, they can have negative effects.

With a little bit of knowledge, you can safely use essential oils as part of your eczema treatment!

Essential oils (strong smelling oils derived from plants) should always be mixed with a carrier oil (low smelling oils used to dilute essential oils) before they are applied to the skin.

Rubbing these oils into the skin has multiple benefits. The rubbing encourages the brain to release endorphins, which makes you feel happier and experience less pain. Think back to your mom rubbing a bump when you were a kid. The rubbing actually helps make it feel better, and the oils bring a range of moisturizing and healing benefits.

But how do you know which ones to choose, and which options are safe, especially on sensitive eczema? Keep reading to find out more.

### Carrier Oils for Eczema

Most of your mixture should be made up from a carrier oil. They generally come from the seeds or nuts or trees, and they are a low smelling oil. Good carrier oils for eczema include the following.

#### Almond Oil

Almond oil comes from almond nuts. It is very good at moisturizing the skin without making it feel greasy. It contains vitamin E, which helps with aging skin and sun damage. It can also reduce redness caused by eczema.

#### Avocado Oil

Avocado oil is very nourishing. It contains lots of nutrients including potassium and vitamin E. It is good at moisturizing, especially on dry, flaky skin. It has anti-inflammatory properties and helps the skin heal. It leaves a slightly waxy feel to the skin.

#### Apricot Kernel Oil

Apricot kernel oil is similar to almond oil, but is slightly lighter in color and is thinner. It contains vitamins E and A,

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which nourish the skin. It is great at moisturizing and softening the skin.

## **The Best Essential Oils for Eczema**

This is the fun part. Each essential oil has its own scent and beneficial qualities. Here are seven great essential oils to have in your eczema kit.

### **1. Lavender Oil**

This is often the first essential oil people think of, and for good reason! It is well-tolerated, even by very sensitive skin. It is relatively cheap and easy to find in shops. It reduces redness in the skin, reduces itching and has a calming effect that helps promote good sleep. That is particularly useful as eczema can make sleeping quite difficult.

### **2. Eucalyptus Oil**

This one may seem more surprising. Eucalyptus oil is naturally antimicrobial, so it helps prevent eczema infections. It can enhance concentration, which is useful when eczema makes it difficult to focus. It has a distinctive smell, which people either love or hate. Eucalyptus oil is not suitable for people who are pregnant or breastfeeding, or are epileptic.

### **3. Tea Tree Oil**

Tea tree oil is an amazing oil option. It can boost the immune system and help fight infections. It helps the skin heal after an eczema flare-up and reduces sore patches. If you have some in the cupboard you will find all sorts of other uses for it too, such as battling head lice.

### **4. Calendula Oil**

Calendula comes from the marigold flower. It is soothing and moisturizing and helps reduce fungal and bacterial infections on the skin. It has a woody, musky scent.

### **5. Bergamot Oil**

This has a pleasant citrus scent. It is good at helping with anxiety and lifting your mood. It also helps reduce and treat skin infections.

### **6. Rosemary Oil**

With antiseptic and disinfectant qualities, this oil can really help eczema, as well as be useful around the house. It helps reduce the pain associated with eczema and protects the skin. It has a stimulant effect, which is great for helping you get things done. It is not suitable for people with high blood pressure or epilepsy.

### **7. Rose Oil**

Rose oil smells lovely, and few people would disagree. Beyond its lovely smell, it is relaxing, antimicrobial and antiseptic, so it helps reduce infections. It is also an anesthetic, so it will reduce itchy, painful skin. The only downside is that it can be expensive.

## **Important Tips**

It is very important to make sure that essential oils are always mixed with carrier oils. A good rule of thumb is to mix roughly six drops of essential oil to each tablespoon of carrier oil.

Warm the oils in your hands for a few moments before applying them to your skin, or stand the oil mixture (in a

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bottle) in a bowl of warm water. If you have a nut allergy, or any other allergy, seek medical advice before using essential oils for eczema. It's always better to be safe than sorry.

Remember that essential oils can be used by people without eczema too, so have fun with them. Have a sensual massage with your partner, or give the kids a relaxing foot or hand massage. Everyone will appreciate its benefits.