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The HOTH

Is your skin feeling tight and lackluster? Maybe you're struggling with sensitive skin or an uneven texture, and you're looking for a solution.

Finding a helpful solution can be overwhelming at times, but thankfully you are not alone.

Dry oils have been gaining popularity as a plant-based solution to add to your skincare regimen. We will go over everything you need to know about dry oils, their history, common uses, and how to take your skincare to the next level!

What Are Dry Oils?

Is your skin feeling dry and craving moisture? It's time to hydrate and invigorate your skin by using dry oils.

When you think of the phrase "dry oil" you may start scratching your head in confusion. That's because oils are normally viscous liquids. How could oil, therefore, be dry?

The term actually applies to how it interacts with your skin. Dry oil absorbs instantly without unwanted shine. The best part is that it's easy to apply dry oil.

Contrary to what you expect, dry oils actually moisturize your skin similar to wet oils. The biggest difference is that you don't have to deal with unwanted greasy skin or wait for it to absorb before going about your day.

Dry oils are also lightweight and antioxidant-rich which is exactly what your skin craves!

How Does It Amplify Your Body's Oil?

Did you know that every human produces natural oils regardless of skin type? Your body's natural oils are called sebum. This yellowish substance is secreted from your sebaceous glands and has an oily texture.

These sebaceous glands are all over your body, although the majority are located in your face, neck, scalp, and chest.

Also, every hair follicle is attached to a sebaceous gland. When the hair breaks through the surface of the skin, it coats the surrounding skin in sebum. This process acts as a natural protective layer to your skin.

It naturally lubricates the skin, and it plays a major role in regulating the body's temperature.

Your Body's Natural Defense

Human sebum has many wonderful and helpful uses. It provides natural anti-fungal and anti-bacterial protection. This is due to a higher pH level which safely coats the skin in a protective layer.

Speaking of which, it's also proven to protect to some degree the harmful ultraviolet rays from the sun.

Since this is your body's natural oil production, it's activated by hormones and directly connected to your genetic predispositions. Do you have acne-prone skin? Maybe you have very dry skin, hair, and scalp?

Chances are high you have a relative with similar qualities.

Dry plant-based oils have a similar composition to sebum as well as antimicrobial qualities. If you are acne-prone, suffer from sensitive conditions, or any number of reasons, you may benefit from adding a dry oil routinely to your skincare regimen. This is something our early ancestors used to help protect their skin.

Read on to see how dry oils have been used throughout the centuries!

A History of Dry Oil Usage

Long before the modern beauty industry discovered the benefits of dry oils, they were cultivated and used by ancient civilizations. In fact, there are key periods throughout history where early humans would cover their skin to help protect against the sun, moisturize their skin, and even prevent aging.

Read on to see how oil has been used throughout history!

Archeologists have discovered how many ancient civilizations used fatty oils to protect their skin from the sun. Some of the earliest recorded histories of using fatty oil on the skin come from Aboriginial tribes. They used emu oil for tens of thousands of years!

While they may have been the first, they certainly weren't the last.

Ancient Egyptians

Ancient Egyptians used castor oil for skin and other medicinal remedies. The seeds of the castor plant were crushed and turned into castor oil which could then be applied to the skin or ingested.

This monounsaturated fatty acid had numerous anti-inflammatory properties that mirror other dry oils commonly used today.

Even the famous Cleopatra used castor, olive, and sesame oils to protect her skin. This was a common practice since bathing wasn't as frequent as it is today.

Records also show that oils were so highly regarded that they were even offered as wages to laborers.

Ancient Greeks

An Ancient Greek physician called Galen touted the benefits of using olive oil in the earliest form of cold cream. The mixture of olive oil, beeswax, and other floral scents was called Galen's wax.

Many people used this on their skin for its soothing moisturizing effects. There are many products and DIY recipes that also use these natural ingredients.

Ancient Romans

Since a lot of Roman traditions were taken from the Greeks, dry oils continued to be highly regarded. They were commonly used in place of regular bathing and as added beauty treatments.

As such, a Roman Philosopher, known as Pliny the Elder, also boasted the benefits of using almond oil and castor oil on the face to help reduce wrinkles.

Middle Ages

While the use of plant oils continued, the increase in other beauty mixtures was more predominant. Since beauty standards changed, people were more interested in astringents rather than supple-looking skin.

They mostly mixed vinegar and other herbal remedies to help achieve lighter skin. This progressed into the renaissance period as well and led to some bizarre concoctions.

Renaissance Period

During this time, the rise of bizarre beauty concoctions arose. What was a period of artistic and cultural revolutions was a rather dark time for natural skincare routines.

Chalky white-looking skin was highly regarded during this time. In order to achieve this look, they would apply silver mercury and lead.

It would take centuries before they realized the harmful effects of those elements.

20th Century

This 100 year time period is the most influential time for modern beauty treatments. Nearly every major modern skincare brand from Nivea to Vaseline started in the mid to late 1900s.

Since this was also a revolutionary time for modern inventions and technology, these products could also be mass-produced and marketed toward consumers.

Everything from face wash to Botox was aimed toward users looking to stave off wrinkles and retain a youthful glow.

There was even a slight return of natural products after the 1980s, but it would take until the next century to really take off.

2000-Today

Dry oils have made their return as many Westerners are realizing their numerous therapeutic, anti-inflammatory, and anti-aging benefits.

There has been a revitalization of traditional dry oil applications in the past couple of decades. Thanks to a greater societal push for organic and natural products, dry oils have made a comeback.

Since technology has advanced, it has now become even easier to access any type of oil you'd like.

You can now find dry oils and beauty treatments at every local food coop, Whole Foods, or even off of Amazon. Truly, access to natural supplements has never been easier and more encouraged!

Then again, quantity doesn't always mean quality.

Sifting through different oil products can be overwhelming. You want to ensure they are organic, cold-pressed, and not watered down with mineral oil that can coat your skin.

That's why using a trusted brand, like Tara Formula, is key.

What Makes Oil Dry Vs. Wet?

The main difference between wet and dry oils comes down to how your skin feels after application. Dry oils are cold-pressed, usually derived from plants, and are created through a cold-pressed technique.

This means that no unnecessary heat or chemicals are added. A lot of common oils that don't go through this process can carry harmful additives that you don't want exposed to your skin.

Wet oils are usually water-down with other mineral oils, essential oils, and water. With wet oils, you will feel a greasy or viscous residue for a while before it is absorbed into your skin.

Dry oils, on the other hand, quickly absorbed, allowing you to go about your day without worrying about it soaking through and staining your clothes.

Another common feature of wet oils is that they are usually water-down with other mineral oils, essential oils, and water.

Which One Should You Use?

When looking for a quality oil for your skin, hair, and nails, it's important to be able to distinguish between whether or not they are categorized as "wet" or "dry."

Traditionally, most commercial wet oils contain mineral oil which coats the skin. This doesn't penetrate as deeply as other natural oils and can leave a greasy residue.

Finding and using plant-based dry oils is a great way to quickly absorb that moisture and get on with your day. This is because of the polyunsaturated fats which gently penetrate deeper into your dermis layers which soothe and softens your skin.

Did you know that most commercial lotions are a combination of oils, water, and other miscellaneous ingredients? They may also have a mineral base that coats the skin, leaving a greasy residue.

Because of this, you can actually replace lotions and creams with dry body oil.

For example, Avocado oil has monounsaturated fatty acids. This means that it will be able to seep deeper into your hair follicle than others.

Now, which dry oil is best?

There are many different dry oils, and each has its key benefits depending on whether or not they are monounsaturated or polyunsaturated fats, what vitamins they have, etc.

Essentially those are just terms to help you decipher which one will be better for you!

Types of Dry Oils

A key benefit of dry oils is that they are mostly made from plants, like herbs, vegetables, and seeds. These contain the vital polyunsaturated fatty acid which helps lock in moisture. Check out some examples below.

- Rosehip Seed Oil
- Grapeseed Oil
- Jojoba Oil
- Prickly Pear Seed Oil
- Bakuchiol
- Argan Oil
- Sunflower Oil
- Sesame Oil
- Avocado Oil

These carrier oils are a great addition to your skincare routine for all the wonderful benefits they have. You can learn more about them to see which ones you'd like.

Benefits of Using Dry Oil

See just how useful they can be when added to your daily routine.

- Protects Your Skin
- Anti-Aging
- Improves Skin's Texture
- May Help Control Body Temperature
- Boosts Collagen Production
- Moisturization Your Skin
- May Help Regulate Natural Oils

As you can see above, there are numerous benefits of using dry oils. These oils help protect and strengthen your skin's elasticity, leaving you with smoother, delicious-smelling skin!

Reasons Why You Need to Moisturize

Did you know that locking in your skin's moisture can actually help keep you hydrated and regulate body temperature? Many people who live in cold climates know this trick.

After you shower, applying a cold-pressed oil to your skin locks in that moisture. It also acts as an extra layer of clothing, with its protective barrier. They need to lock in moisture during the cold winter months.

By protecting your skin's barrier with a quality dry oil, you may be able to lock in that water barrier and feel more hydrated. That protective barrier has many benefits.

There is also continued research to support the therapeutic properties of applying oils to your skin due to their protective, anti-inflammatory, and antioxidant properties. They may even help our skin's healing process with scars and fine lines.

If you're unsure of whether or not this is something you need to do, see if you fit any of the key criteria for needing extra skin protection and moisture, below:

- You Live in a Dry Climate
- You Have Combination or Dry Skin
- Suffer from Eczema or Other Skin Conditions
- Itchy Scalp
- Dry Elbows, Knees, Knuckles
- You're Feeling Dehydrated

If you fit one or more of these Conditions, it's a good idea to add dry oil to your routine. Thankfully there are several great options so that you can decide which oil best fits your needs!

Let's look at ten great examples of dry oils a bit more in-depth.

10 Best Dry Oils to Use

Many natural dry oils of the world gently melt into your skin leaving it feeling radiant and refreshed. There are even other nutritious plant extracts that can be added for extra healing benefits.

1. Prickly Pear Cactus Oil

This fan-favorite cactus is grown in the Mediterranean, America's, Caribbean, and all warm climates. The pink fruit is not only delectable, but it also contains tons of health-giving qualities.

Prickly pear products have been on the rise as more people discover how nutritious they are! This gentle oil is packed with Vitamin E, fatty acids, antioxidants, and amino acids.

That means you can kiss those fine lines and dull skin goodbye.

It helps promote cell growth, collagen production, brightens skin, and restore elasticity. This makes it a favorite choice for those with dry skin, acne, and looking for anti-aging benefits.

Your skin will thank you for this luxurious treat!

2. Grapeseed Oil

Grapeseed oil is usually created alongside the wine-making process. This oil is loaded with nutrients and antioxidants, especially vitamin C. This means that it's a great oil to use for those dealing with adult acne, or the "maskne" that most of us are struggling with as well.

Thankfully, this oil spread easily and also helps encourage collagen production thanks to its omega-3 and omega-6 fatty acids. An added bonus of this oil is that it has a calming effect which is nice for inflamed skin conditions, like eczema.

It's nourishing enough to soothe dry scalps, hair, and skin without weighing you down or clogging pores.

Since some grapeseed oils are chemically treated, it's important to ensure you're only using cold-pressed oils to avoid those chemical irritants and for your continued health.

3. Jojoba Oil

Growing in the harsh deserts of North America, this hardy plant packs a punch! The jojoba plant produces a nut that can be crushed and used to make oil.

This is one of the most widely-known oils because of its versatility! Since it contains tons of antioxidants, Vitamin C, and skin-loving polyunsaturated acids, it is a great choice for any skin type!

That's because this oil is actually very close to your body's natural oils, also known as sebum. This means that is more hypoallergenic than other oils which is why it's so widely used.

Jojoba oil is wonderful for scalp and natural hair treatments because it helps regulate your natural oils. All skin and hair types can enjoy this powerful oil.

4. Bakuchiol

Are you looking to ditch the chemical-riddled retinol and find a more natural solution? Bakuchiol is the answer you have been looking for! Playfully labeled the "plant retinol," Bakuchiol holds onto its own.

It comes from the *Psoralea Corylifolia*, or babchi, plant's seeds and leaves, and has been used for centuries in traditional Chinese medicine and Ayurvedic practices. It will help with cell turn-over, collagen production, and boosting skin elasticity.

While it was first isolated in the U.S. in 1966, it wasn't widely used here until recently. There have been two major studies that showed significant anti-aging success. The most recent study in 2018 showed that using Bakuchiol twice a day was just as effective as applying retinol.

An added bonus is that since it's derived from plants, it has a higher likelihood of being cruelty-free and vegan. Something that not all retinol can claim.

5. Argan Oil

This is probably one of the most common oils since major commercial hair and skin companies have incorporated it into their products. The difference is that those products are probably water-down and filled with skin-coating mineral oil as well.

Finding and using pure argan oil from the Moroccan argan tree will do wonders for your hair!

Like many other dry oils, it contains high levels of Vitamin E, fat acids, and antioxidants. All work together to help with frizzy hair and to fight split ends.

6. Olive Oil

While you may find this gem as a key cooking ingredient in kitchens, it also is highly moisturizing for your skin and hair! Olive oil has been used for thousands of years as both a healthy fat to consume and natural protection for the skin.

It contains vitamin E, D, A, and K, as well as high in antioxidants and antibacterial health benefits. This makes it a great choice for dry skin and eczema skin.

Leave the extra virgin olive oil for the kitchen and seek out a specific cold-pressed olive oil. This will ensure you aren't adding any chemicals or mineral oils to your face.

7. Coconut Oil

This oil has made a huge comeback over the past decade. It seems like everywhere you turn, there is some new benefit of using this oil for your hair, teeth, makeup remover, etc. Does it really offer that many benefits?

Coconut oil is rich in fatty acids, vitamin E, and other key antioxidants. It's slightly heavier than other dry oils which makes it a great choice for dry skin and hair conditions. If you have an oily skin texture, this may feel slightly excessive.

If you have a sensitive scalp and naturally dry hair, coconut oil is a great way to lock in moisture and soothe your skin.

8. Sweet Almond Oil

They say almonds are packed with nutrients, and they aren't lying! Not only can you eat them, but you can also harness their skin and hair rejuvenating benefits from the sweet almond oil.

This oil has a long and extensive history, thanks to the Ancient Chinese, Ayurvedic practices, and the Romans commonly using it. It's full of Omega-3 fatty acids, Zinc, Vitamin A, Vitamin E, and nourishing proteins.

Due to this combination, this oil may help to reduce under-eye puffiness, reverse sun damage, treat dry skin, and aid in other anti-inflammatory responses.

9. Avocado Oil

These delicious fruits can also help nourish and protect your skin too. You may have seen a DIY recipe or two about using mashed avocados in homemade face masks.

That's because they are filled with Vitamins A, D, and E.

Using cold-pressed avocado dry oil is a great way to get all those key benefits without the mess. Plus, it'll actually reach deeper into your dermal layers to leave your skin feeling soft and amazing.

10. Sunflower Oil

Sunflower seeds are not only delicious treats, but they also carry skin-loving properties! Sunflower seed oil, made from crushed seeds, is a highly absorbent and non-irritating oil.

It's packed with skin-loving vitamin E which makes it a perfect choice for all skin types. Do you suffer from acne, eczema, or other skin conditions? Sunflower oil is a great choice for you.

All of these oils offer a protective plant-based shield to lock in moisture and leave you glowing. They are powerful enough to safely penetrate your dermal layers, yet delicate enough to feel lightweight on your skin.

Just make sure you are only using cold-pressed oils so that you get all the benefits.

Why Should You Use Dry Oils?

You may have heard about “free radicals” and how they can negatively affect your skin. These can be any number of things from manmade (air pollution, smoke) to environmental toxins (the sun’s radiation, toxins).

While your body has natural defenses against them, it needs extra help. This is why eating antioxidant-rich foods or applying antioxidant-rich serums and oils to your skin is a great way to build up that natural defense against those nasty illness-inducing particles.

When you wash your face, you are not only removing the free radicals collected throughout the day. You are also removing your body’s natural sebum produced throughout the day. Now, regularly cleaning your face is an important part of your skincare routine, so how do you help replace that protective barrier?

When your skin is slightly damp, it’s best to add a dry oil to help lock in that moisture and penetrate deeply into your dermis.

Do you suffer from a dry scalp or hair? Maybe you’re constantly dealing with breakage and excessive frizziness due to where you live or the products you’re using. It’s time to look into adding dry oils to your care regimen.

How To Use It

Why is it best to apply dry oils after you shower? When you are in warm water or steam, your pores open which is the exact opposite of when it’s cold. Also, the wet texture of your skin will help carry the dry oil more evenly throughout your skin.

This will help with the application as well as absorption.

In the past, you might have had to wait for a wet oil or body butter to dry before being able to get dressed and ready. Since dry oils are quickly absorbing, you can gently dry off and be ready to go.

This is perfect for the person who is always on the go and doesn’t have the time to choose between self-care and their schedule. Something we can all relate to from time to time.

When you are applying dry oil to your body, it’s relatively easy. The process is very similar to your hair, scalp, and skin. Check out how to apply below!

Hair

When your hair is damp, add a few drops of dry oil to your hand and massage into your hair. After your application, comb through to ensure it's evenly applied. This will help aid in hair growth by keep hair healthy and protecting against split ends.

Scalp

Add the dry oil to your palm, and gently press your fingers into the mixture before gently massaging it into your scalp. This will help you to direct where the oil is so that you can soothe key itchy areas.

Skin

The best way to apply dry oil to the skin is directly after a bath or shower. The residual water will act as a conductor for easy application. Keep it nearby and generously rub it into your skin. This will help lock in the moisture.

Nails

Since nails are another protective barrier, they can also get dry. Keeping your nails nourished is a great way to ensure proper growth and help prevent splitting or flaking. Simply add a few drops to your cuticles and gently press it into your nail beds.

Revitalizing Lymphatic Massage

When you are applying your dry oil, you can also incorporate a revitalizing lymphatic massage to your face, neck, and body.

Your lymphatic system is a major system within the body that both filters and stores fluid. It also plays a significant role in regulating your immune system.

Certain viral infections like the flu, colds, and strep can also make your lymph nodes swell. If you're feeling sick, your lymph nodes can swell, specifically in your neck. This natural process is made out of a lot of lymph nodes that are connected throughout the body in places like the groin, the neck, and armpits.

Why Should You Add a Lymphatic Massage?

When you regularly incorporate a lymphatic massage, you aid your body's natural flushing of toxins. This helps reduce swelling and inflammation throughout the body and can be a great addition to a self-care routine.

You can also use different techniques for each part of your body to help increase blood flow and flush toxins.

The massage should take anywhere from 15 to 20 minutes, but you can modify it for target areas if you're short on time.

Since most dry oils are also carrier oils, you could add a couple of drops of your favorite essential oil to the mix. Figure out what feels best for you and don't forget to treat yourself to therapeutic massage.

Face and Neck Massage Technique

Are you unsure of where to begin? Is your face feeling puffy? Follow the steps below for some self-care system recharge to your face and neck!

Gently prep the skin with water so that it's damp. Apply your preferred dry oil to your cheekbones and lightly spread it around your face.

To start, curl your pointer and middle finger to shape a hook on both hands. Use those knuckles to gently work upwards from your mouth, along your cheekbone. Continue this technique around under your eyes as well.

Next, use flat hands to lightly move upwards from the base of the neck. Lifting along the sides and front helps to smooth out fine lines by promoting more blood flow. Finally, move to your mouth.

Creating a "v" with your pointer and middle fingers on both hands. Start with your right hand and place your lips should be between your pointer and middle finger. In an upward and slightly angled motion, gently slide your fingers from one side of your mouth to the other.

Repeat with the other hand to get the other side of your face. This will help plump lips, increase blood flow, and may help smooth fine lines in the nasolabial area.

Adding these techniques into your dry oil routine can help naturally drain fluids in the body.

There are lots of different ways to incorporate lymphatic massages to your dry oil routine. Check out this helpful infographic for more ideas!

Will Dry Oil Dry Out Your Skin?

Don't be deceived by the name. Dry oils are actually very nourishing for your skin. Due to how they are created, they have similar properties to your natural skin's secretion.

This allows them to deeply penetrate the layers of your skin more than most traditional moisturizers and lotions while also feeling light and non-greasy.

They also are packed with fatty polyunsaturated acids, vitamins, and antioxidants which naturally soothe, hydrate, and replenish your skin.

Remember that even though dry oil may seem new, it has been used in different ways for thousands of years. Today, nature and science meet to create the ideal formulas for beautiful hair and skin.

Allergies and Reactions

Now, even though it's really unlikely that plant-based dry oils will cause a serious reaction, it's important to be aware of it.

When trying any new product, you should always test a small patch of your skin to see if you have any type of reaction.

This is especially true if you have any known allergies to certain plants, such as Almond, Hay Fever, etc. Common signs of an allergic reaction include swelling, itchiness, redness, or hives. Stop using immediately if you do see this.

The good news is that there are plenty of dry oils to choose from, so you don't need to worry if you need to avoid one due to allergies.

Different Ways to Use Dry Oils

While you can use dry oils from a dropper bottle, you can also find shampoos, spray bottles, and moisturizers. This is a great way to choose a product based on your needs.

For example, if you are dealing with dry, frizzy hair, you might want to use a shampoo with argan oil that is infused in it. This will help target your frizziness without having to add an additional step.

Unsure of which product is right for you? Consulting a specialist is a great way to get help for your unique skin goals and needs.

A Step Above the Rest!

Not all dry oils and beauty products are created equally. Finding a trusted company that uses high-quality natural ingredients is the most important step.

Why stop there? Check out some of the other skin-moisturizing ingredients you can use to protect your skin.

Finding products that are good for your body is one thing, but finding a company that you trust is even more important.

At Tara Formula, we understand this needs to provide your body with the best nutrients which is why all our products are science-backed and made from the highest quality natural ingredients. We also are proud to be cruelty-free, don't test on animals, and free from unwanted parabens, sulfates, and mineral oil.

Revolutionary Skin Care Starts Today

Now that you have a comprehensive understanding of the benefits of dry oil, it's time to ditch your other moisturizers and make the switch. Upgrade your skincare routine with dry oils!

Throughout history, people have found ways to harness these natural oils. Thanks to the fatty acids, vitamins, and other nutritious antioxidants found in dry oils, you can choose which one best fits your unique needs.

Struggling with dry skin? Try olive oil, sunflower, or even avocado oil. Do you have acne-prone skin? Incorporate grape seed oil into your routine.

Even if you are looking to ditch the chemical-riddled retinol, you can do so with bakuchiol! This plant-based alternative is proven to offer the same effective results as retinol while also being cruelty-free and vegan.

No matter your skin type, you can find the right dry oil to fit your needs.

At Tara Formula, we want to help you revitalize your skincare routine! Ditch the chemicals and craft a personalized, plant-based skincare system that makes you feel great. We even add other vegetable, seed, and fruit extracts to boost healing properties. See what each ingredient can do for you!

Don't forget that quality, organic, and cold-pressed dry oils are closely-related to your skin's natural oil. They are quickly absorbed and leave you glowing. Stop feeling frustrated with your skin and reach out to us today!

If you sign up today for our mailing list, you'll also get 10 percent off your first order! We also are happy to assist you in choosing the best product for your unique needs.