

Our favourite oils



Elizabeth Martin, a Naissance Web Designer, who makes her own soaps and scrubs, shares some surprises.

I love using the Organic Virgin Coconut Oil in almost anything that I make in my skincare routine. I love using them on my hair with a few drops of Baobab Oil right before a shower. This routine helps relax and cleanse my scalp and make my hair nice and shiny.

I also make my own Himalayan Salt Body Scrub with it, with an addition of Organic Shea Butter and a few drops of Grapefruit Essential Oil. Huumuu... I love the combination as it produces a very fresh, tropical fruity scent.

As a soapmaker, Organic Coconut Oil will always be in my soap recipe. This is non-negotiable. When I make soap, I always consider using organic and unrefined oils as I have seen the difference when those two qualities are not in it.



Here are my favourite oils! (Gladys Vaz, French Customer Service team)

When I diffuse some essential oils, I use Cedarwood Atlas essential oil or Pine Needle. If I fancy a massage I use Sensual and Aphrodisiac Massage Oil, the smell is lovely!

Why not share your favourite recipes and oils on the comments below this blog



Evoke Fereuczi, our German translator and coordinator shares her favourite natural remedies. "It is so hard to choose which ones are my favourite, it is like choosing food: never easy to choose one or some if you like all of it."

Mouoi (solid) – I love the smell, I cannot really resist it..

Orange, sweet & Mandarin: They simply make me feel happy. I also use them if my tummy is not well in the mornings, just sniffing the scent in. I'm also using them for preparing my own body butter.

Cinnamon & Vanilla: Are best for awaking Christmas memories and superb for relaxing and having a homey feeling.

Peppermint and Eucalyptus are very refreshing and help to clean my nose/head if I have a cold. I'm using them in general in a vaporizer.

Lavender: This essential oil is part of our remedy chest as an all-purpose oil for helping with spots.

Our favourite oils



Claudia Farese, our Italian translator and coordinator shares her favourite oils!

My personal favourite is Coconut Oil, as it is great for making hair masks that leave the hair very soft and conditioned. It is sufficient to apply it to damp hair for at least half an hour (more may be recommended depending on your hair) and then wash it as normal. It might take more than one wash to get it all off properly, but the result should hopefully be soft and shiny hair.



I am also a big fan of Lavender Oil as I use it a lot before bed to help me fall asleep. If you have trouble sleeping, just a few drops of the oil on a tissue will encourage sleep and relaxation. At least it works for me!

Another one I use consistently is Vitamin E Oil. A few drops on the skin before bed (especially the face), will make it very soft. Rosemary Essential Oil is great if your hair is a bit frail. Just adding a few drops to the shampoo before washing it, may help strengthen it.

Some other essential oils that I like to add to the bath for a relaxing effect are Ylang-Ylang, Bergamot or Mandarin. They are useful in the washing machine too!

Aiuta Nardin, our Italian translator and coordinator shares her plant wisdom.



Whenever I feel stressed I use Lavender oil (basically every night) 😊. I put some drops on a tissue and then I'll put it under the pillow so that the aroma is not too strong. Boring, I know, but it is really effective and I was surprised the first time I used it. Best sleep I've had in years!



I make my own scrub using Epsom salts, Lemon essential oil and Jojoba oil. There is no recipe actually. You just put everything in a jar and then, depending on how strong and "rough" you want it to be, you put more or less salts in it. I love to use it when I am in the shower because Jojoba oil leaves my skin really soft and moisturised at the same time. In addition to that, I love the citrusy aroma on my skin. I use it especially on my legs and on my face once/twice a month.

I have different oils that I use in my aroma diffuser, among them are Basil, Bergamot, Lemon, Grapefruit, Peppermint and Ylang-Ylang, but my favourite is definitely Bergamot as I love lemony aromas (I think you got that by now 😊).

Why not share your suggestions and we'll add them to the Naissance blog.

