

# The best face oils for every skin type, according to experts

We spoke to dermatologists about how to work face oils into your skin care routine for maximum effectiveness.

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“Face oils are tricky,” says Dr. Kiran Mian, a board certified dermatologist at Hudson Dermatology and Laser Surgery in New York City. One size rarely fits all in skin care and face oils are particularly nuanced.

At their most basic, face oils are hydrators with both emollient and occlusive properties (meaning they help repair the skin barrier and lock in moisture), says Dr. Hadley King, board-certified dermatologist in New York City. But they can do so much more than moisturize.

“Face oils definitely have a place with all different types of skin because they have a lot of different benefits,” says Dr. Navin Arora, a board-certified dermatologist and founder of Borealis Dermatology in New York, including treating acne and redness. Anti-inflammatory and antioxidant properties can also deliver an added boost to your skin care routine.

So, how do you find the right face oil for your skin type? Below, we rounded up everything you need to know when shopping.



Face oil can help address a variety of skin concerns — including acne.

## Selected. Our top picks



Best overall pick

Ghost Democracy Softglow Facial Oil

\$38.00

[GHOST DEMOCRACY](#)

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Best face oil with SPF

Mele Skincare No Shade Sunscreen Oil SPF 30 Broad Spectrum

\$12.00

~~\$19.99~~

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Best face oil for acne

Herbivore Phoenix Rosehip Anti-Aging Face Oil

\$78.00

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Best for those with oily skin

Peach & Lily Pure Beam Luxe Oil

\$43.00

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## How we picked the best face oils

Finding the optimal face oil for you starts with identifying your skin type and the issue you want to target, such as redness or acne. There's also likely to be some trial and error involved, says Mian.

There are, however, some general guidelines to keep in mind when vetting oils, according to our experts. Here's what they say to look for:

- **Skin barrier supporting ingredients.** Certain face oils can mimic the natural skin barrier, helping strengthen the skin and resolve issues like dryness and redness, says Arora. Look for formulas with essential fatty acids and ceramides, both of which are emollients that can help repair damage.
- **Antioxidant boosters.** Many botanical oils, like jojoba and rosehip oil, are naturally rich in antioxidants and have anti-inflammatory, antimicrobial properties, says King. Other formulas have added antioxidants like vitamin C, which can help repair cell damage and brighten skin. In fact, face oils can be the ideal delivery vehicle for active ingredients since they penetrate skin so well, says Arora.
- **Comedogenic rating.** “Some oils are more prone to clog your pores than others,” says Mian. Especially if you have acne-prone skin, it's important to choose an oil with a low comedogenic rating (it runs on a scale of 0 to 5), meaning it is less likely to block pores. Low comedogenic oils include: grape seed oil (1), jojoba oil (2), hemp seed oil (0) and rosehip oil (1). “Sesame seed oil, flaxseed oil, almond oil, coconut oil and avocado oil are more prone to cause a blockage so I would have my acne patients avoid those,” says Mian.