How are Ayurvedic Oils Healthy for Your Skin?

Ayurveda is the oldest science for healing and improving health using plant fats and essential oils that provide nourishment and rejuvenation to the body, mind, and spirit.

The following benefits of Ayurvedic oils make them an effective skin care regimen.

Ayurvedic Oils Create Good Vibrations in the Body

As per the wisdom of classical Ayurveda, natural plant-based oils have high vibrational frequencies, which are much needed for the skin to thrive. Ayurveda says that the human body is electrical and requires natural fats and oils to work at its optimal vibrational levels.

Everything in the universe works at a specific frequency and even the essential oils vibrate at a high frequency.

For example, therapeutic-grade rose essential oil has an average frequency of 320 MHz, and lavender has an average frequency of 118 MHz, whereas fresh produce vibrates at 15 MHz and fresh herbs between 20-27 MHz.

Human beings also have their own electromagnetic frequencies. If you consider the frequency of a healthy person then you will find it to be between 62 and 78 MHz. Using high-frequency ingredients like essential oils for our skin care helps the body achieve its optimal vibration.

Skin and plants contain high levels of prana and using them together can help to increase the skin’s frequency.

According to Ayurveda, dead or tamasic food such as canned or processed items have zero prana levels, which means they possess no measurable vibrational frequency. Therefore, they aren’t beneficial to our body in any way.

If one understands the way frequency works in the universe, one can easily heal and prevent diseases and using these high energy oils from plant extracts that raise the vibrational frequency of the body and improve our overall health.

Perfect Superfoods for Skin

Our digestive system is capable of preventing chemicals or synthetic additives from mixing with our bloodstream and cells. But when we apply chemicals directly on our skin, they are absorbed into our blood, organs, tissues, and cells without any filtrations. This excess dead waste can get accumulated in the liver and lead to health problems in the future.

If we understand the need of our skin and importance of fatty acids for it, we would never apply chemical-laden products on our skin and use only plant-based oils containing antioxidants, omega-3 fats, vitamins, minerals, and living enzymes.

Feeding your skin with a good amount of fatty acids helps to improve the health of skin cells and makes the skin look radiant, supple, and rejuvenated.

Immunity Booster

Essential oils are laden with natural antiviral, antibacterial, and antifungal properties, which guard the skin against invading organisms and infections. Essential oils have the power to remove toxins from the body and their aromatic therapeutic properties help to calm the nervous system and

help the body to cope up with stress and rejuvenate. Moreover, a relaxed nervous system can help the cells to repair themselves.

Your skin has the capacity to heal itself regardless of whatever it has been exposed to in the past because skin cells regenerate every 40 days. This allows exposed cells to heal.

Nourishing your skin with Ayurvedic oils improves health and helps your body and mind to heal quickly. Plants are full of life and possess natural properties that can help your skin to thrive, glow, and vibrate with health. So, start using them today.

Recommended Reading:

- *How to Breathe*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *How I Replaced Medications With Essential Oils*
- *Five Essential Oils That Help Fight Infections*

Sources:

- *Why Ayurvedic Oils Are Your Skin's New Best Friend* – Mind Body Green
- *Vibrational Frequency and the Subtle Energy Nature of Essential Oils* – Biospiritual Energy Healing
- Top 7 Oils to Rejuvenate your Skin
- *More Than A Scent: Essential Oils Aid The Immune System* – Huffington Post