

Aloe Vera Essential Oil Health and Beauty Benefits

This essential oil is made by combining the Aloe Vera plant with a fatty oil. This plant oil has basically the same properties of the Aloe Vera plant from which it is derived. However, since it is combined with a carrier oil, its nutritional value is changed. The majority of health benefits of Aloe Vera come from its fleshy, water-retaining leaves – particularly the nutrient-rich gel obtained from them. The essential oil is usually extracted from the leaves or the gel.

Aloe Vera is a succulent plant that thrives in arid climates. It's commonly present in North Africa, the Canary Islands, the Mediterranean, Australia, and some regions of the United States.

Historical records reveal that Aloe Vera was an essential component in ancient herbal medicine. For example, the "*Ebers Papyrus*" from Ancient Egypt and the "*De Materia Medica*" by Dioscorides both mention the usage of Aloe Vera. The Ancient Egyptians highly valued the plant as a cure for infections, rashes, burns. They called it the "plant of immortality."

Other cultures, like Arabs, Greeks, and Spaniards, used Aloe Vera to reduce perspiration and prevent body odor. Spanish missionaries frequently carried Aloe Vera to assist in treating the sick.

HEALTH AND BEAUTY BENEFITS

This essential oil is used in many health and beauty products like face wash, body lotion, shampoo, hair gel, etc. It is obtained by extraction from the Aloe Vera leaves and mixing it with other carrier oils like soybean, almond, and apricot. Aloe Vera EO contains antioxidants, Vitamins C, E, and B, allantoin, minerals, proteins, polysaccharides, enzymes, amino acids, and beta-carotene. *Allantoin* is often found in Korean beauty products. The addition of this ingredient helps soothe, hydrate, and heal sensitive skin.

Let's explore some of the benefits of this essential oil:

1. LOWER RISK OF CANCER

Aloe Vera EO contains antioxidants that can help reduce the risk of colon cancer. These antioxidants encourages cell regeneration and epidermal growth. Aloe Vera EO promotes a faster recovery from the harmful side effects of radiation during chemotherapy. This essential oil has shown positive results in reducing tumor growth by preventing the growth of abnormal cells.

2. DIGESTIVE HEALTH

Aloe Vera EO can help lessen inflammation. It oxygenates blood and promotes cell proliferation. As such, it can be helpful in easing irritable bowel syndrome, constipation, and acid reflux.

3. COSMETIC USES

Aloe Vera EO is commonly used in products meant to reduce the damaging effects of the sun (sunburn). It is also frequently added to moisturizing creams and lotions.

4. SCARS

This essential oil promotes wound healing, and reduces the formation and appearance of scars. Aloe Vera EO may also cure *capillary dilation* (increase in diameter of the smallest blood vessels in the human body in order to release excess heat at the surface of the skin) and keep skin beautiful.

5. NATURAL DEODORANT

This EO has a mild and pleasant scent and so it can be used like a natural deodorant and antiperspirant. It can be applied directly to the underarms or a DIY mixture can be made with water and a few drops of the oil and stored in a spray bottle.

6. CONSTIPATION

Aloe Vera juice and oil can both be used internally. The essential oil is effective at softening stool and relieving constipation.

7. IMMUNE SYSTEM

Aloe Vera EO can alleviate asthma and osteoarthritis by strengthening the immune system and fighting infections. This oil has *antibacterial, antifungal, antiviral, and anti-inflammatory* properties.

8. SKIN HEALTH

Acne is often treatable by using Aloe Vera EO. It can be applied topically to soften the skin and protect against infection. It may also help heal eczema, acne, psoriasis, and skin ulcers. It can be applied to surgical wounds to curb infection and reduce the development of scar tissue. It is often useful in managing genital herpes in men and *seborrheic dermatitis* (a common skin disease causing an itchy rash with flaky scales, it's also called dandruff or cradle cap).

9. HAIR HEALTH

Use Aloe Vera EO on hair regularly to strengthen the hair and to avoid hair loss at a young age. This particular essential oil can leave you with strong, thick, clean, and conditioned hair. It can help moisturize dry hair. When combined with jojoba oil it helps maintain a healthy scalp.

10. MASSAGE OIL

This is actually the ideal therapeutic use for this oil: a relaxing massage. Massage with this oil could alleviate rheumatic, back, neck, leg, and shoulder pain. A body massage with Aloe Vera EO will leave you with glowing, smooth skin.

11. WOUNDS

Nerys Purchon writes, in "*The Essential Natural Health Bible*," that Aloe Vera can be used to reduce pain, cleanse, and encourage the healing of wounds. While there's not much evidence that it will promote healing in deep wounds, According to the National Center for Complementary and Alternative Medicine, it has been proven to be instrumental in healing surface wounds. Research at the University of Maryland Medical Center, shows Aloe Vera contains *glycoproteins*, which inhibit pain and lower inflammation; and polysaccharides, that encourage the skin to repair itself. Apply one or two drops of Aloe Vera EO directly on the wound and cover with a bandage.

12. FOR AROMA THERAPY

Coupled with other EOs, Aloe Vera EO is ideal for use in aromatherapy. Its astringent property aids in repairing damaged skin.

HOW TO MAKE ALOE VERA ESSENTIAL OIL

Aloe Vera EO is made through the process of *maceration extraction*. First, the plant is soaked in the carrier oil and heated to a high temperature. When the plant's cell membranes are broken down, the hot oil absorbs the nutrients and essence of the plant. Then, after a few years, this mixture is filtered so as to remove any plant solids. The end product is comparable to infused oil, and isn't 100% Aloe Vera. Pure Aloe Vera is obtained by macerating the stems and leaves that contain the gel. However, the essential oil is equally as useful as its gel counterpart. One advantage the oil has over the gel is its longer shelf life – about 8 to 10 months.

Fortunately, it's possible to make Aloe Vera essential oil in your own home. Here are helpful instructions on how to make an Aloe Vera massage oil infusion courtesy of [We Love Aloe](#):

WHAT YOU'LL NEED

- ½ cup of Aloe Vera gel (either straight from the plant or from a health food store)
- ½ cup of coconut oil
- 2 to 3 drops of an essential oil of your choice (optional)
- 1 bowl
- A pot
- Stove burner

DIRECTIONS

1. Mix the Aloe Vera gel (extract it properly if you are using a fresh leaf) with the coconut oil in the bowl. At a ratio of 1:1.
2. Add 2 to 3 drops of an essential oil of your choice to the Aloe Vera-coconut oil mixture and blend well (adding another essential oil can give your Aloe Vera massage oil a pleasant aroma; recommended oils are rose, jasmine, peppermint, or citrus).
3. Heat the mixture in the pot on the stove on low for about 10 minutes.
4. Allow the Aloe Vera essential oil to cool.
5. Once cooled, store in a cool, dry place for about 2 weeks.
6. It can also be refrigerated to extend shelf life and health benefits.
7. To use, simply apply to skin, and work it in like any other moisturizer.

POSSIBLE SIDE EFFECTS OF ALOE VERA ESSENTIAL OIL

A patch test should be performed before applying to check for any allergic reaction. Always proceed on the side of caution when using any essential oil as they can result in allergic reactions in many people.

Aloe Vera compounds can interact with certain drugs, such as laxatives, diabetes medication, and diuretics. Diarrhea induced by the plant can reduce potassium levels, which could affect the efficacy of certain medicines.

As with any essential oil, consult a physician prior to using Aloe Vera. Especially if you're using medication, are pregnant, or nursing.

References:

<https://www.healthbenefitstimes.com/category/essential-oils/>