

WHY YOU SHOULD BE USING OILS IN YOUR BEAUTY REGIME

While natural ingredients and back-to-basics skincare regimens were once reserved for West Coast hippies and naturopaths, they're now de rigueur among top dermatologists, facialists and makeup artists as well as celebrities and supermodels. From nourishing haircare to skin-saving hydrators, the new crop of oils promise to cure every beauty concern with a potent blend of antioxidants and vitamins. But do they live up to the hype?

Increasingly, it seems so. Coconut oil, for one, has been having a major moment in the spotlight, and for good reason.

"It gives skin an instant glow and — because of its antibacterial, antifungal and antioxidant properties — it doesn't cause breakouts," New York-based dermatologist Paul Jarrod Frank tells *Harper's BAZAAR*. "And it has ferulic acid, which reduces inflammation. It works well with Retin-A or peels that cause dryness."