

This Is How to Use Argan Oil for a Glowing, Hydrated Complexion



With impressive hydrating abilities and strong antioxidant benefits, argan oil has quickly become a gold standard ingredient across the beauty industry. You may already know that you can use [argan oil in hair](#) as a conditioner or on its own as a hair oil or hair mask. You may also know that it's one of the [best body oils for dry skin](#). But did you know that this ingredient can also be used as a facial oil as well?

The fatty acids and antioxidants found in argan oil can powerfully fight free radicals, dark spots, and signs of aging. It's even a great option for acne-prone skin types. To learn more about the benefits of using argan oil on the face and how to incorporate it into your skincare routine, we've compiled a full guide below, and highlighted some of our favorite products that feature this holy grail ingredient.

What is argan oil and what can it do for your face?

While this hydrating beauty staple is certainly having a moment, it is by no means new. This nutrient-rich oil has been harvested from the fruit of Moroccan argan trees since the 13th century. Similar to other natural oils like [coconut oil](#), [olive oil](#), and [grapeseed oil](#), argan oil is often used both in the kitchen and as a beauty product. When applied to the face, argan oil has a host of skin-loving benefits.

David A. Colbert, MD, a board-certified dermatologist and the founder of [New York Dermatology Group](#) says one primary benefit is that it's 100% natural. He adds, "It fills in fine lines and wrinkles almost immediately, it's packed with antioxidants, and it is an excellent way to seal in moisture."

About the Expert:

David A. Colbert, M.D. is the founder and head physician of [New York Dermatology Group](#). He is board-certified by the American Academy of Dermatology and board eligible in Internal Medicine.

How do you use argan oil on your face?

Like all facial oils, argan oil should be applied as the last step in your skincare routine after toners, serums, and moisturizers. If you're using cold-pressed pure argan oil on the face, it will likely come in a bottle with a dropper applicator. "Use a few drops in the morning and evening with your favorite face cream, or you can use it alone," says Colbert. "Pure Argan oil is also great for the neck and decollete."

Because argan oil is relatively fast-absorbing, it can be used morning and night. If you're using it in the AM, it's a good idea to swap this facial oil out for your morning moisturizer. Be sure to allow the oil to fully soak into the skin before applying any makeup so it doesn't end up sliding around. At night, go for extra hydration by topping your PM face lotion with a layer of argan oil to boost moisture and lock all the ingredients layered underneath.

Will argan oil clog my pores?

When asked if argan oil is comedogenic, Colbert replied with a resounding, "no". In fact, on the comedogenic scale (a scale which gauges how likely an ingredient is to clog pores) argan oil gets an impressive 0 out of 5.

Because it won't clog pores, Colbert says, "It is great for all skin types." He does make one exception though: Those with "super oily complexions" may want to tread lightly when using this natural ingredient.

How often should you use argan oil?

Argan oil makes for a great addition to your daily skincare routine because it has moisturizing benefits for morning and night. Plus, for those with mildly oily skin and acne-prone skin, using argan oil regularly can actually help to control excess sebum, therefore minimizing the likelihood of breakouts.

Argan Oil Products We Love

Argan oil works wonderfully when used solo, but it can also be combined with other healthy skin ingredients to create a nourishing formula for all different kinds of skin types and skin concerns. If you'd rather use a skincare product that's already formulated with this face oil, we've highlighted a few of the best argan oil products below.



1. Best for Daily Hydration: [JOSIE MARAN Whipped Argan Oil Face Butter](#)

If you're looking to commit to an argan oil-rich skincare routine, JOSIE MARAN products are the way to go. Every product by this brand features certified-organic argan oil as the hero ingredient. This whipped face butter combines vitamin E and fatty acid-rich argan oil with aloe vera, shea butter, watermelon seed oil, and cucumber extract to create a decadent moisturizer that both hydrates and soothes. While this is labeled as a "butter" don't take this as a purely PM product. The whipped texture sinks into the skin instantly, making it an ideal choice morning or night.

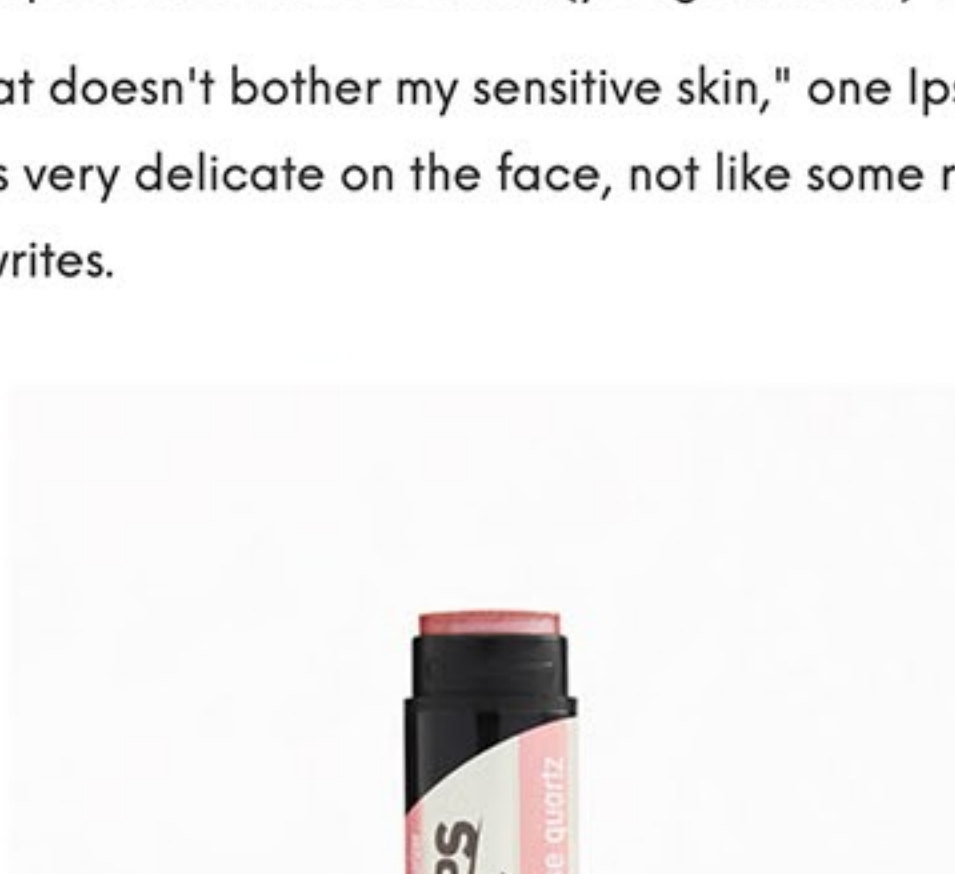
One [Ipster](#) writes that it was light enough that she had no trouble using it under her makeup. Another says, "This cream is amazing. It leaves your face feeling so soft but not oily."



2. Best for Acne-Prone Skin: [GEORGETTE KLINGER Volcanic Mineral Scrub](#)

If your main aim is to use argan oil to curb acne-prone skin, this ingredient is a great go-to. This non-abrasive scrub gently exfoliates using volcanic minerals which slough away dead skin cells and excess sebum without being too aggressive on the skin. Witch hazel extract and green tea extract also come into play here, purifying pores and soothing any irritation. While exfoliating scrubs can sometimes be overly drying, this product immediately replenishes moisture with (you guessed it) argan oil.

"Nice, gentle scrub that doesn't bother my sensitive skin," one [Ipster](#) writes. "It leaves your skin so smooth. It's very delicate on the face, not like some really abrasive exfoliators," another writes.



3. Best for Dry Lips: [ECO LIPS Eco Tint Rose Quartz Lip Balm](#)

Because lips don't have oil glands, it's essential to use hydrating lip balms to infuse essential hydration into this delicate skin. This subtly tinted balm is an ideal everyday pick. In addition to featuring organic argan oil, the formula also uses trusted hydrators like cocoa butter, coconut oil, vitamin E, and aloe vera. It's a nourishing formula with just a touch of shimmer to make skincare feel a little more fun.

"I have a mild obsession with lip balms and this one has such a pretty tint," [Ipster](#) [leannepy](#) writes. "It smells nice and left my lips feeling so soft."



4. Best for Mature Skin: [APHRODITE SKINCARE Olive Oil Anti-Ageing & Firming Serum](#)

If you're primarily interested in the anti-aging benefits that argan oil can offer, give this firming, elasticity-boosting serum a try. This formula combines our hero ingredient with other powerful antioxidants like rosehip, pomegranate, and raspberry extract. Sea buckthorn boosts cell regeneration while peptides and hyaluronic acid plump the skin, reducing the appearance of fine lines and wrinkles.

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