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Vitamin E: The Best Oil for Anti Ageing

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Why Use Vitamin E Oil on Your Skin

- **Antioxidant protection:** Vitamin E is a fat-soluble antioxidant that helps protect skin cells from damage by free radicals.
- **Moisturisation:** It strengthens the skin barrier and helps lock in moisture, making it especially useful for dry or flaky areas.
- **Anti-aging:** Because of its antioxidant action, it may help reduce signs of aging like fine lines.
- **Scar & stretch mark support:** Some people use it for reducing the appearance of scars or stretch marks.

How to Use Vitamin E Oil Safely

1. **Patch test first:** Since concentration can vary, testing on a small, inconspicuous area (like behind the ear) for a few days is recommended.
2. **Dilute for comfort:** Pure vitamin E oil is thick — mix 1–2 drops with a lighter carrier oil (e.g., jojoba, almond) before applying.
3. **Use at night:** It works best when applied before bed so it can absorb fully.
4. **Or as spot treatment:** Apply directly to dry patches, lips, or scars rather than all over the face if your skin is oily or acne-prone.

User Tips & Community Feedback

- Many users recommend mixing vitamin E oil into your regular night routine rather than using it purely.
- It’s also used on cuticles, dry feet, lips, and even as a pre-bed hair oil.
- However, some people with acne-prone skin report breakouts or clogged pores after use.

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