

Why Olive Oil Is Going Viral in Beauty Routines — Dermatologists Explain

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Olive oil — a staple of Mediterranean diets — is now gaining traction in the beauty world as an ingredient for skin wellness. As more beauty lovers talk about olive oil as a natural skincare option, experts are weighing in on how and when it works best, and who should approach it with caution.

What Makes Olive Oil Attractive for Skin

At its core, olive oil contains **antioxidants, vitamins and fatty acids** that have long been associated with nourishment and protection. These nutrients help lock in moisture and support the skin's natural lipid barrier, which in turn can make skin feel softer and more supple.

Dermatologists note that when used **correctly and sparingly**, olive oil can help:

- **Moisturise dry or parched skin**, sealing in hydration without harsh chemicals.
- **Support skin texture and softness**, especially in areas like elbows, knees and hands.
- **Act as a gentle cleanser or makeup remover** when paired with warm water and careful rinsing.

Lifestyle Asia reports that olive oil's popularity isn't just a kitchen carryover — many people are exploring it as a **natural, skin-nourishing alternative** to synthetic moisturisers.

What Experts Caution

Despite its benefits, beauty specialists remind users that olive oil isn't a one-size-fits-all solution:

- **Not ideal for acne-prone or oily skin:** Its heavier texture may trap pores and lead to congestion if overused.
- **Patch tests are essential:** Some individuals can experience irritation or redness, especially with sensitive skin.
- **Use in moderation:** A few drops or a mixed DIY mask are more effective than slathering it on thickly.

Experts often surface a balanced view: olive oil can be a **natural booster to your routine** — particularly for dryness and barrier support — but should be used thoughtfully and not replace essential skin health basics like sunscreen, gentle cleansing and hydration.

How to Incorporate It Sensibly

Dermatologists suggest ways to safely enjoy the oil's perks:

- **Mix with your regular moisturiser** to enhance hydration without heaviness.
- **Apply post-shower on damp skin** so the oil seals in existing moisture.
- **Target dry zones only**, such as heels or elbows, rather than the entire face.

As olive oil continues to trend in beauty circles, professionals agree its role is less about miracle results and more about **smart, skin-type-aware use** — proving that sometimes the best skincare wisdom comes from blending tradition with expert guidance.

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