



Bio-Oil frequently asked questions

***Where is Bio-Oil available from in the UK?**

Bio-Oil is available from Boots, Superdrug, Tesco, Asda, Lloyds Pharmacy, Sainsbury's, Morrisons, Waitrose, Savers, Bodycare, SemiChem, Wilkinsons, and independent pharmacies nationwide.

*** Where is Bio-Oil available from in the Republic of Ireland?**

Bio-Oil is available from pharmacies nationwide, Dunnes stores, Superquinn, Supervalu, McCauleys, McCabes, Health Express, Hickeys, Hiltons, Horgans, Shaws, SOS, United Drug, Cahill May Roberts, Bradleys, Ch Tralee, Mulligans, Your local, A.Dunne, Healthwise, Cara.

***How should Bio-Oil be used?**

Bio-Oil should be massaged in a circular motion on the face or body until fully absorbed. It is recommended that Bio-Oil be applied twice daily for a minimum of three months. It is safe to use Bio-Oil on a scar as soon as the skin on the surface has fully healed. Bio-Oil should not be applied to an open wound or broken skin. Bio-Oil's results will vary from individual to individual.

***How does Bio-Oil work?**

Bio-Oil successfully combines the well-documented benefits of two important skincare disciplines – natural plant oils, used for centuries to enhance the skin's condition, and vitamins, a vital element in the promotion of healthy-looking skin.

What is unique to Bio-Oil is PurCellin oil that reduces the consistency of Bio-Oil, making it a rapidly absorbed 'dry' oil that delivers the natural plant oil and vitamins into the skin where they are most needed.

For best results we recommend applying Bio-Oil twice daily for a minimum of three months. [Click here](#) (link to ingredients photo) for an illustration on how Bio-Oil is formulated.

***Is Bio-Oil tested on animals?**

We're happy to report that Bio-Oil contains no animal-derived ingredients and is not tested on animals.

Is there an expiry date for Bio-Oil?

Under reasonable storage conditions, Bio-Oil will not expire within 30 months.

Will Bio-Oil help with dry skin?

Bio-Oil helps supplement the skin's natural oils which can be stripped away by factors such as extreme weather, water with high chemical content, frequent bathing and the drying effect of central heating



and air conditioning. It helps lock in moisture and reduces the rate at which water vapour is naturally lost through the skin's surface.

We recommend that you apply Bio-Oil twice daily to keep your skin hydrated.

***Is Bio-Oil available in a cream form?**

Bio-Oil is only available in an oil form. We have formulated Bio-Oil as an oil because unlike creams, which allow oxygen to affect the quality of their vitamins, oils are much better storage environment. This means that the ingredients are at their most powerful when you come to use them.

***Does Bio-Oil help scars?**

Bio-Oil helps to improve the appearance of new or old scars, whether from surgery, accidents, burns, insect bites, scratches or conditions such as acne or chickenpox. Although younger scars will have a greater chance of improvement, studies have shown that older scars also benefits from regular use of Bio-Oil.

***When can Bio-Oil be applied to an operation scar?**

We recommend applying Bio-Oil to your scar as soon as the skin is fully healed. This is known as the 'maturation' or 'remodelling' phase of scar formation. Remember that for best results to be seen we recommend that Bio-Oil be applied twice daily for a minimum of three months. Please note that Bio-Oil should not be applied to broken skin.

***Why can't Bio-Oil be applied to broken skin?**

Bio-Oil is not sterile as it contains a low level of fragrance. As a cosmetic product it should therefore not be used on broken skin.

***Will Bio-Oil help stretch marks?**

Bio-Oil helps to improve the appearance of existing stretch marks formed during pregnancy, teenage growth spurts or periods of rapid weight gain. Although it is more effective on newer stretch marks, older stretch marks will also show some improvement with regular use of Bio-Oil.

How long before people will start seeing results?

We recommends that Bio-Oil be applied twice daily for a minimum of three months for best results to be seen. The important thing to bear in mind is that all skin types are different, and results will therefore differ from individual to individual. It also very much depends on the skin condition for which you are using Bio-Oil.



Does Bio-Oil work on darker skin?

Clinical trials conducted in 2010 included subjects of Caucasian, Negroid and Latino origin. Additional evidence – both anecdotal (unsolicited praise from daily user of all skin colours) and third party verified results (from our scar user trial conducted in 2002 in the UK) – confirms that Bio-Oil is efficacious across all ethnic skin types.

Can Bio-Oil be used as an extra moisturiser?

When applying Bio-Oil it is better to use only a small amount at a time so that it can be fully absorbed into the skin. A couple of drops for the face should be enough. Bio-Oil should be applied before your regular moisturiser since it is best to have 'clean' skin for maximum absorption (moisturisers often leave a residue and can block the absorption of Bio-Oil). Thereafter you can apply your moisturiser, although Bio-Oil does in fact have sufficient moisturising properties so as to render an additional moisturiser unnecessary.

***Can Bio-Oil be used on my face?**

Bio-Oil is definitely suitable on the face, it is a great anti-ageing skincare product, due to the Vitamin A in the product. We often have customers using Bio-Oil for acne scars. Bio-Oil has been independently tested and proven to be non-comedogenic, which means that it does not cause acne or spots. Even though Bio-Oil is an oil, it is known as a 'dry oil' which means it is rapidly absorbing into the skin without leaving a greasy residue, so will not cause breakouts. The concern is always if I use an oil on my skin it will make me more oily. A tip is: less is always more with regards to application.

Will Bio-Oil help acne?

Acne is a complex condition that requires professional advice on how to correctly control and manage it. It would therefore be wise to seek medical advice on the matter.

However, Bio-Oil can be applied to acne scarring once the skin has healed /active acne is under control to help improve the appearance of the scars.

***Will Bio-Oil cause acne?**

Bio-Oil has been independently tested and proven to be non-comedogenic, which means it does not cause acne or spots. Even though Bio-Oil is an oil, it is known as a 'dry oil' which means it is rapidly absorbing into the skin without leaving a greasy residue, so will not cause breakouts. Vitamin A is one of the active ingredients in Bio-Oil, this Vitamin is often used in treatment products to address problem skin. A tip is, always follow a good skin care regime of cleanse, tone and moisturize. Less is always more with regards to application.



***Will Bio-Oil help eczema?**

Bio-Oil can offer great relief from the discomfort associated with dry and dehydrated skin. However, while it will help with the associated symptoms of eczema (dryness, itchiness, redness) Bio-Oil is a cosmetic product and as such it isn't a cure to the condition. We'd always recommend chatting with your doctor first and foremost.

Is it safe to use Bio-Oil during pregnancy?

Yes, Bio-Oil is safe to use throughout pregnancy. With regards to the level of Vitamin A in Bio-Oil, it is low enough to render it harmless to the unborn child. Most healthcare professionals agree that for safety the daily intake of Vitamin A by an expectant mother should not exceed 5,000 I.U per gram. Taking absorption factors into account, an expectant mother would have to use more than 110ml of Bio-Oil per day, or almost two 60ml bottles, before exceeding the recommended daily maximum intake!

***Can Bio-Oil be used on babies?**

We recommend that Bio-Oil is not used on babies until they are over two years of age. Even though the fragrance level in Bio-Oil is very low (0.2%) and the essential oils contained in the product are of a very low concentration, young babies are very sensitive so as a precautionary measure we would not suggest using it on them. If you do apply Bio-Oil to your child please take care to avoid areas near the eyes and mouth.

Is it safe to use Bio-Oil while breastfeeding/nursing?

It is 100% safe to use Bio-Oil on your body while breastfeeding/nursing. However, we would not recommend using it on the nipples – although Bio-Oil is non-toxic, babies are very sensitive and we do not recommend that they ingest Bio-Oil, even in the very smallest amounts. If you are in any doubt, please consult your GP.

***Do you have some clinical trials?**

Two separate sets of clinical trials have been conducted in order to substantiate the claim that Bio-Oil helps improve the appearance of scars, stretch marks and uneven skin tone.

In 2005 three single blind, single product, randomized and controlled clinical trials were conducted at the Photobiology Laboratory of MEDUNSA (Medical University of South Africa). The results confirmed that Bio-Oil works effectively to improve the appearance of scars, stretch marks and uneven skin tone.

In 2010, further trials were conducted by proDERM, a leading institute for Applied Dermatological Research based in Hamburg, Germany. The results of these trials showed that Bio-Oil is efficacious in improving the aesthetic outcome of scars and stretch marks in double-blind, placebo controlled clinical studies.



For further information, please visit our website: <http://www.bio-oil.com>

***In which country is Bio-Oil available?**

Bio-Oil is available in over 30 countries globally.

For the list of countries where Bio-Oil is available, please visit our website: <http://www.bio-oil.com>

If you have a specific question about a country other than the UK or Ireland, please Bio-Oil Headquarter on: <http://www.bio-oil.com/en/contacts/new>

***Can Bio-Oil be used by people with oily skin?**

Even though Bio-Oil is an oil, it is known as a 'dry oil' which means it is rapidly absorbing into the skin without leaving a greasy residue, so will not cause breakouts. The concern is always if I use an oil on my skin it will make me more oily. A tip is; less is always more with regards to application.