

# Chloe Grace Moretz Keeps Skin Clear With Olive Oil

Chloe Grace Moretz swears olive oil keeps her skin looking great, and she isn't the only celebrity who believes in the magic.

By MICHELLE SMITH on December 15, 2016  
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Actress Chloe Grace Moretz went from growing up with “really bad” cystic acne to being the face of this fall’s Coach fragrance campaign and having her skin deemed “flawless” in *Self*. Olive oil deserves much of the credit, she revealed in an *Allure* interview.

Cystic acne is characterized by large, highly visible pimples that are deep, painful and often leave scars. Dealing with the condition was a “long, hard, emotional process,” Moretz told *Allure*. In her quest to overcome it, she switched beauty products, changed her diet and took Accutane, a vitamin A derivative that’s prescribed for extreme skin problems.

These days, Moretz relies on a simple and natural skin cleanser. “I wash my face with olive oil. I swear my skin is so much clearer because of it,” she told *Allure*.

Moretz isn’t the only actress who uses olive oil for topical skin care. Emma Stone told *Stylecaster* she has sensitive skin, is allergic to a lot of stuff and can “really only use products with one thing in them.” So, she keeps a big bottle of olive oil on her sink and uses it for her face.

Celebrities are well-known for touting exotic and unorthodox beauty tricks, but oil cleansing is a phenomenon that’s been gaining popularity beyond Hollywood, and many skincare professionals say it makes sense because oil attracts oil. When you apply a cleansing oil, it attracts impurity-laden oils that are already on the skin and clogging the pores and you can easily rinse them away.

Olive oil is a “great choice” for face wash because it cleans without stripping the skin’s natural oils, Ava Shamban, M.D., founder of SKINxFIVE dermatology center told *Self*. Commercial cleansers often strip away the natural oils, which can dry the skin and create an imbalance that kicks oil production into hyper-drive, causing more skin problems.

Olive oil is also loaded with lipids and antioxidants, and has anti-inflammatory, anti-aging and nourishing properties. One way actress Carolyn Murphy manages her “super sensitive and dry” skin is to slather olive oil onto her body, she told *Into The Gloss*. And when *Allure* asked Emily Blunt for a beauty secret, the actress revealed she soaked her face in olive oil to soften her skin.



While some people praise olive oil, there aren't any one-for-all solutions with skin care. Olive oil is moderately comedogenic, meaning there's some risk it could clog the pores. Therefore, using it solo on the face may not yield stellar results for everyone.

It may be good for those with dry skin or eczema, but “I would not recommend this for patients with oily skin, acne, and those with enlarged pores or acne-prone skin,” Gary Goldenberg, M.D., medical director of the Dermatology Faculty Practice at the Icahn School of Medicine at Mount Sinai, told *Self*.