

COMMONLY ASKED QUESTIONS

General Questions

How long does it take to see results?

- Face oils and eye oil: 2-3 weeks
- Face masks: Immediate with lasting improvements over time
- Treatments: About 24 hours with lasting improvements over time
- Hair and Body oils: immediate results

How long does each bottle last?

- Full size face oils, wellness oils, and hair oil (1 oz. products) last anywhere from 3-5 months depending on frequency of use
- Travel size and eye oil (15 ml) last about 2 months depending on frequency of use
- Full size face masks have about 30-40 uses
- The Ultimate Brightening Rose Cleanser and Toner last about 2-3 months

What is the shelf life?

- UMA oils last 2 years, 1 year after opening
- UMA masks 1 year unopened, 9 months after opening
- UMA cleanser lasts 2 years, 1 year after opening
- UMA toner 2 years, 1 year after opening

Who can I call if I have questions about products or can't decide which product is right for me?

- You can call UMA Customer Service--we are always happy to help!
Hours: 9 AM - 6 PM Monday-Friday PST
- Phone: 1.424.279.3131
- Email: contact@umaoils.com

Are UMA products organic?

Yes.

Are UMA products vegan?

Yes. However, our Ultimate Brightening and Anti Aging masks contain (very ethically harvested) honey.

Are UMA products gluten free?

Yes.

Are UMA products non-GMO?

Yes.

Do UMA products use preservatives?

No. Because essential oils are highly volatile and we use a low amount of carrier oils there is no need for preservatives!

Product Specific Questions

Can I still use the hair oil if I have oily hair?

Yes! Our hair oil is great for both damaged hair and oily hair. While UMA Intensely Nourishing Hair Oil is an excellent solution for dry ends, frizz control and protection—its superpowers come from application to the scalp as a treatment oil. The result will be deeply nourished roots and strengthened hair!

Will face oils break me out?

- No, it should actually help calm skin and fight breakouts
- It is a common misconception that using oil is bad for your skin
 - Using oils instead of heavily astringent, alcohol-based products (like salicylic acid) is better for your skin in the long run
- Drying out the skin signals the body to produce *more* oil, so moisture is essential
 - Face oils can help balance the skin over time, and oil production will regulate

We do want to say that not all oils are created equal, so in fact some oils can lead you to break out. (I.e. Coconut Oil, which is often too thick for certain skin types.)

Can face oils be combined?

Each UMA oil is designed to boost the underlying health and vitality of your skin, so it is not necessary to combine the oils in one use, though you can if you wish. We often suggest a heavier oil in the evening and a lighter oil during the day, though you'll likely want to ensure you have a slightly heavier oil for day and night application during the Fall and Winter months. You can alternate which oils you use every couple weeks if you would like to use more than two all over the face.

Skin can also change very rapidly due to **hormones**, so you may find that alternating which oils you use based on your skin's current condition is your ideal face oil routine.

Additionally, our oils can be used in different areas to target specific concerns via face mapping (Ayurveda). For example, if you have an oily t-zone, you can apply the Deeply Clarifying Face Oil to that area, and apply the Ultimate Brightening Face Oil to the cheeks, where skin is often drier for those with oily skin. Total Rejuvenation Night Face Oil can be used in areas with extra scarring or hyperpigmentation, and the Absolute Anti-Aging Oil is great for targeting age spots and wrinkles.

Finally, you can also use face oils to enhance makeup application. The Beauty Boosting Day Face Oil is a fantastic base for foundation and/or concealer, and it will help your makeup last all day, without melting off! You can also add a couple of drops of the Ultimate Brightening Face Oil to your foundation to give your makeup a dewy, glowing finish—a great tip for dry skin!

Other ways of using masks?

UMA face masks can be used in multiple ways and can serve different purposes. Aside from use as a regular face mask treatment, they can be used:

- As cleanser
 - The Deeply Clarifying Face Mask is great as a cleanser for days when your skin is having a breakout, and it provides some exfoliation.
 - The Ultimate Brightening and Anti-Aging Face Masks are great for everyday cleansing.
- As spot treatment
 - The Deeply Clarifying Face Mask works particularly well as a targeted spot treatment for blemishes. Leave on overnight or apply to blemishes rather than the whole face.

- Multi-Masking: If you have more than one skin concern, apply different masks to different areas. For example, you can apply the Deeply Clarifying Face Mask to the t-zone, the Absolute Anti-Aging Face Mask to any areas with wrinkles, and the Ultimate Brightening Face Mask to areas where your skin is looking duller than usual.
- Apply the mask while taking a warm shower to ensure your pores are open from the steam. It will also make for easy removal.

Other ways of using spot treatment?

- Add a couple of drops to your regular face oil or moisturizer for an all over treatment
- Add a couple of drops to your foundation to prevent breakouts

Other ways of using hair oil?

- Heat protection: use for pre-styling for silky smooth strands after blow drying
- Split ends or dry hair: apply 2-3 drops to the ends of the hair to smooth them
- Scalp treatment: apply several drops to scalp, wrap in a towel overnight, rinse out in morning shower,

Other ways of using body oil?

- Use all over to nourish the skin
- Great for use as a massage oil
- Treats cellulitis and sunburns--massage in firm, circular motions to affected areas of the body
- Put it in the bath as a replacement for harsh soaps as a luxurious, moisturizing treatment

All About Ayurveda

What is Ayurveda?

Ayurveda is a system of natural medicine that originated in India over 5000 years ago. Ayurveda has been long revered for its long-lasting results and its focus on curing the root causes of skin and wellness issues rather than merely the symptoms. It is one of the most ancient systems of natural healing, with an emphasis on detoxification and the mind-body connection. Ayurveda leverages a variety of core components, including use of herbs and natural compounds, yoga, and lifestyle modifications, to prevent and heal modern day ailments.

How does my dosha affect my skin?

- *Vata* skin: thin, dry, cold, rough and quick-drying
 - Protect it from harsh heat and cold—it is sensitive to weather shifts
 - Pamper to retain moisture
 - Avoid hot baths and showers so as not to dry out skin
 - **Products:** The Ultimate Brightening line is great for this skin type, as well as the Beauty Boosting Day Face Oil and Deep Nourish Extreme Dryness Treatment.
- *Pitta* skin: smooth, oily, warm, rosy and sensitive
 - Protect from sun—it is easily burned
 - Keep it cool and balanced to avoid rashes, acne and inflammation
 - **Products:** Deeply Clarifying line and the Total Rejuvenation Night Face Oil
- *Kapha* skin: thick, oily, cool and smooth
 - Detox regularly because it's easily susceptible to irritation and eruptions
 - **Products:** The Deeply Clarifying line and the Total Rejuvenation Night Face Oil