

This Staple Pantry Item Could Transform Your Skin



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If you need another reason to love wine, here's a great one: The winemaking process helps produce grapeseed oil, a nourishing body oil that has myriad skincare benefits. This natural ingredient can boost hydration, fight free radicals, reduce the appearance of fine lines and wrinkles, and so much more (plus it's cost-effective). Wondering if grapeseed oil is the secret to gorgeous, glowing skin? We chatted with Vishal Saggar, MD, dermatologist at the New York Dermatology Group about grapeseed oil's biggest benefits for your skin, and how you can incorporate it into your skincare routine.

About the Expert:

Vishal Saggar, MD, is a dermatologist at the [New York Dermatology Group](#). He is also an active clinical assistant professor of dermatology at New York Presbyterian and Weill Cornell.

So, what is grapeseed oil?

Grapeseed oil is an actual byproduct of winemaking. After grapes are pressed to make wine, their seeds are left behind. These seeds are then pressed into an oil. Sometimes the oil is made using solvents, but the best grapeseed oil comes from a cold-pressed extraction process. Grapeseed oil is a popular kitchen ingredient and is beloved for its neutral scent and flavor. Recently, its high levels of antioxidants, vitamin E, and fatty acids have helped it gain traction as a go-to oil for skin health.

What are the benefits of grapeseed oil?

If you're looking for a hydrating, highly protective, multitasking product, you're going to love grapeseed oil. "The use of grapeseed oil on the skin has been found to be beneficial through its antioxidant properties, gentle moisturizing abilities, and anti-inflammatory characteristics," says Dr. Saggar. "Grapeseed oil, which is rich in compounds like vitamin E and linoleic acid, lightly moisturizes the skin while also decreasing free radical production. Resveratrol, a key ingredient in grapeseed oil, also has antibacterial properties, which helps protect your skin from microbes such as *Staphylococcus aureus* [which can cause staph infections]."

Grapeseed oil also contains polyphenol compounds like proanthocyanidins, which are extremely powerful antioxidants—about 50 times more powerful than vitamin C. When used with a mineral sunscreen, grapeseed oil has the potential to create a strong defense against environmental stressors.

Are there any side effects?

There is little risk associated with using grapeseed oil on the skin unless you have a known allergy to grapes. "Overall, grapeseed oil is considered to be gentle on the skin and can be used on most skin types," Saggar says. It's also non-comedogenic, meaning it won't clog pores so it's safe for those with acne-prone skin and sensitive skin. Before you begin lathering it all over your body, Dr. Saggar recommends conducting a patch test first. "With the use of any new product, I always recommend using a small amount in a specified area of your skin to make sure you do not react to any of its components before applying it across your face," he says. Wanna know how to incorporate grapeseed oil into your skincare routine? Let's dive into its many uses.

1. Use it as a facial moisturizer.

"Given that grapeseed oil is generally considered to be non-comedogenic, you can start out by using it as a gentle facial moisturizer," Saggar says. To use it, apply a few drops to your palms and massage into damp skin. The weightless feel and non-greasy texture make it a great morning hydrator. Remember, facial oils should always be applied last in your skincare routine (unless you are also applying sunscreen, which you should do every single day). Layer this oil on over any toners, serums, and moisturizers to seal in all the benefits of the products underneath.

2. Use it as an under eye treatment.

Grapeseed oil's potent antioxidant properties can be particularly beneficial for the under eye area. Apply a little extra there to help reduce the appearance of fine lines and wrinkles. It may even help to minimize the look of dark circles.

3. Use it as a body oil.

Apply grapeseed oil immediately after a shower while skin is still damp to seal in extra moisture. It also makes for a great carrier oil for essential oils. Add a drop of your favorite essential oil for a relaxing, sensory experience and to add additional skincare benefits.

4. Use it on the hair.

"Some studies also suggest grapeseed oil may be beneficial in strengthening and hydrating the hair after the use of shampoo and conditioner," Saggar says. Use this oil like you would any other hair oil: Work a few drops into towel-dried hair, paying special attention to the ends. The lightweight oil will help to protect, hydrate, and boost shine without weighing hair down or making it feel greasy. For a more intensive treatment, try mixing grapeseed oil, coconut oil, and your favorite essential oil together and apply it as a hair mask. Apply the mixture to dry hair and allow it to soak in for about 30 minutes, then rinse it out with shampoo.

What's your favorite way to use grapeseed oil for your skin? Let us know @IPSY

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