

## Let's Talk about Grapeseed oil

Grapeseed oil is a byproduct of winemaking. After wine is made by pressing grapes, grape seeds are left behind. Grapeseed oil is extracted from these leftover grape seeds. Grapeseed oil is used as a natural beauty product. It is also marketed as a healthy alternative to vegetable oil.



Grapeseed oil is widely used in cosmetics. It is often combined with other oils to make massage oil, since it glides well on the skin, and it also has moisturizing properties. This oil appears to assist with skin repair, as it has mildly astringent and antiseptic qualities. Applied directly, grapeseed oil for skin acts as an emollient, softening and leaving the skin looking hydrated and plumped. You will notice the difference in your skin after just one application. Just Jameen uses Grapeseed oil to enrich the skin. It is used in all **Just Jameen** creams. (Creamy Shea, Body Butter, and Frappe) and in our goat milk soap, Himalayan Sea Salt, and shower gel as well. We at **Just Jameen** call Grapeseed oil our water.

Grapeseed oil that is cold-pressed or expeller-pressed does not use chemical solvents or high heat during processing. It is a better choice than oil made with solvents. Grapeseed oil has a fine texture and is almost odorless, light in texture and is easily absorbed by the skin and has great emollient properties, making it an ideal skincare and cosmetic ingredient in Just Jameen products.

Studies suggest that grapeseed oil raises HDL, the good cholesterol, a claim no other oil makes. Also, it may contain grapeseed antioxidants. So, it is a healthy choice for cooking too. Grapeseed oil is a good source of [vitamin E](#), even more so than olive oil. Vitamin E is a vitamin that works as a fat-soluble [antioxidant](#), which helps protect your cells from damaging free radicals that have been associated with cancer, heart disease, and other chronic illnesses. Vitamin E also supports your immune system. Research shows it may slow the progression of [dementia](#), but more study is needed.

It has mildly astringent qualities which help to tighten and tone the skin, which makes it useful for acne and other skin complaints. Grape seed contains proanthocyanin's, which are very potent antioxidants, helpful for diminishing the sun's damaging effects and lessening free-radical damage and is helpful in wound healing. It is rich in linoleic acid, an essential fatty acid quite important for the skin and the cell membranes. Grapeseed oil is purported to have regenerative and restructuring virtues and has great skin moisturizing properties.

Other reasons grapeseed oil is used are to:

- moisturize skin
- heal [acne](#)
- lighten skin
- tighten pores

- reduce the appearance of scars
- remove makeup

Grapeseed oil may improve the condition of your hair and scalp. If you have [dandruff](#), which is often caused by a dry scalp, applying emollient grapeseed oil to your scalp can help loosen dead skin and restore moisture.

Grapeseed oil is used as a natural remedy for [baldness](#). Linolenic acid is thought to stimulate hair growth. The oil contains flavonoids called procyanidin oligomers. These are powerful antioxidants.

While grapeseed oil on its own cannot relieve stress, it does make a wonderful carrier oil for aromatherapy and aromatherapy massage.

Grapeseed Oil is a light, odorless natural oil derived from expeller-pressed Italian and French grape seeds. It is an emollient that imparts a rich, silky luster to skin while soothes. Rich in vitamins, minerals, and linoleic acid (an essential fatty acid) no skin irritation.

## Benefits of Grapeseed Oil for Skin

This oil is known for its anti-aging and hydrating properties, it has endless benefits and uses. Pure, undiluted, and cold pressed oils can aid your anti-aging routine and provide antimicrobial and healing properties.

### #1: Manages acne breakouts

One of the top grapeseed oil benefits is that it is high in linoleic acid, an omega-6 fatty acid that can help control acne by decreasing clogged pores. [Acne-prone skin](#) has been found to be deficient in linoleic acid – so adding more of this fatty acid to your skin via grapeseed oil can help to cut back on breakouts. It also rates as an exceptionally low on the comedogenic scale, making it ideal for most skin types.

### #2: Lightens acne scars

Thanks to its vitamin E and linoleic acid content, grapeseed oil lightens skin discolorations like acne scars and sunspots. Studies have shown that it can help speed up the healing process and decrease the formation of keloid scars: raised, enlarged scarring commonly caused by severe burns, cuts, or acne.

### #3: Protects against free radicals

Grapeseed oil is rich in many other superior compounds: beta-carotene, vitamins D, C, E, and polyphenols. These compounds have powerful antioxidant abilities, which can prevent your skin from absorbing the full damage of UV rays or other environmental aggressors.

### #4: Moisturizes and balances the skin

Grapeseed oil is full of vitamin E, which is excellent for locking moisture into the skin. This



vitamin plays an essential role in softening and hydrating the skin's outer layer. Meanwhile, it is superstar fatty acid components fortify the skin barrier while smoothing and balancing the skin.

#### **#5: Absorbs easily**

Grapeseed oil absorbs easily, delivering intense moisture without leaving skin feeling oily or greasy. Since this lightweight oil penetrates so well, it is a wonderful ingredient for hair. When applied to your hair, grapeseed oil adds moisture, strength, and shine.

#### **#6: Minimizes fine lines and wrinkles**

Thanks to the polyphenols found in grapeseed oil, these gems help combat premature aging and wrinkles. Along with fatty acids, grapeseed's polyphenols also help to mitigate signs of premature aging while boosting circulation. This oil also has natural astringent properties, making the skin look tighter and more youthful.

#### **#7: Antimicrobial**

Yet another one of the major grapeseed oil benefits is that its antimicrobial properties make it an ideal way to fight against breakouts. Its mildly astringent properties help reduce inflammation and control the inflammatory response of skin. The oil may be useful for inflammatory conditions such as rosacea, eczema, or who simply have sensitive skin. Just Jameen combines grape seed oil with raw shea to double the relief of eczema

#### **#8: Evens skin tone**

A powerful antioxidant ingredient in grape seed is called proanthocyanidin. This antioxidant makes the skin tone more even and enhances brightness in the complexion. This oil is known to improve symptoms of melasma and hyperpigmentation when taken orally. **NOTE: Make sure you only orally use grape seed oil processed for food use.**

#### **#9: Supports Collagen**

Thanks to its vitamin E content, grapeseed oil benefits and assists in the production of collagen and improves skin tone. This mighty vitamin, along with proanthocyanidins, increase the restoration rate of collagen meaning firmer, more youthful looking skin.

#### **#10: Antifungal**

This precious oil is has antifungal properties. That makes it a fantastic carrier oil for nail treatments. It is the main ingredient in the Just Jameen Sea Salt Scrub which can be used as a foot soak compound. See our video at

<https://www.justjameen.com/video.aspx> Just Jameen plans to bring back our grape seed and fresh rosemary infused hair and nail treatment this year.

