

BUSTLE

5 Reasons To Add Grapeseed Oil To Your Skin-Care Routine, Plus Products To Try

March 30, 2017



It Controls Acne

Try: Tu'el Detox Essential Oil, \$32, Tu'el

Although it may seem counterintuitive to fight acne and oil with oil, Lisa Nestore, co-president and ingredient expert at Tu'el, tells me over email that grapeseed oil is lightweight and absorbs quickly into the skin making it great for those with already oily skin. It's also rich in polyphenols that have anti-inflammatory antioxidants which, she says, help prevent breakouts. And according to Drs. Shetler and Falsetti, this non-comedogenic oil also helps regulate oil production, so breakouts caused by overactive sebaceous glands can be kept at bay.