

Perilla Seed Oil: Everything You Need to Know



Perilla frutescens, or the perilla plant, is a species of plant from the mint family. Perilla is a beautiful, aromatic plant for the garden, characterized by its strong, minty scent. It's also a butterfly magnet! The perilla plant is traditionally cultivated in India, Japan, southern China, and the Korean Peninsula. Various perilla varieties in these areas are typically used by local people for cooking. The leaves are used as a vegetable, and the seeds supply nutritious cooking oil, adding a nutty taste to dishes.

It also has a wide range of wellness applications, including skincare, haircare, and more. Here's what you need to know about this unique oil and how it can help you live well.

Health Benefits

Perilla seed oil has some unique health benefits. When consumed internally, it may:

- Benefit the cardiovascular system

The verdict is still somewhat out on this one, but studies conducted on animals have indicated that incorporating perilla seed oil into the diet may be beneficial for preventing blood clots.

- Prevent cellular damage

Perilla seed oil contains antioxidants that help fight off free radicals in the body. Free radicals are a huge cause of cellular damage and have even been linked with cancer. Incorporating antioxidants into your diet is crucial for maintaining a long, healthy life.

Skincare Benefits

Perilla seed oil is used in skincare products to improve skin tone and texture. You can even apply it directly to the skin on its own in small quantities. Perilla seed oil can enhance the quality of skin by:

- Reducing inflammation

Perilla seed oil contains linoleic acid, which is excellent for reducing inflammation. Its antibacterial properties help soothe internal inflammation and bacterial irritation. Still, it can also be very helpful if you experience frequent breakouts or other forms of skin irritation. It can be used for this purpose both topically and internally.

- Combat the signs of aging

Perilla seed oil also helps combat signs of aging in various ways. It is rich in omega-3 fatty acids, which help your skin repair itself from damage. If your skin is naturally dry, perilla seed oil can actually help you retain moisture, which may reduce the appearance of fine lines and wrinkles.

Benefits for Hair Care

Perilla seed oil is an excellent, all-natural way to care for your hair, too. For example:

- Perilla seed oil makes hair softer and shinier. Since perilla seed oil helps your body retain water, it can help repair and moisturize dry hair and scalp.
- It can help ease dandruff and scalp irritation. The moisturizing properties of perilla seed oil are effective in relieving dandruff and scalp irritation.