

Apple Seed Oil Health and Beauty Benefits

QUICK FACTS

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| Name | Apple seed (the common apple) |
| Scientific Name | <i>Pyrus malus</i> |
| Origin | Originally from Central Asia, it was cultivated for about 1,000 years in Europe and Asia, and was brought by European colonists to North America. |
| Colors | Yellow to light green |
| Taste | Mild and pleasant |
| Health Benefits | Activates the production of collagen, slows down the signs of aging, improves skin's appearance, softens skin, and prevents skin damage from over exposure to UV rays. |

Apple seed essential oil is the natural oil found in apple seeds. It is used for medical and cosmetic purposes. Studies show that apple seeds contain high concentration of protein and oils. Amino acids such as magnesium, potassium, phosphorus, iron, and calcium can be found in apple seed oil.

The oil has a low quantity of *amygdalin* (a naturally occurring chemical compound found in the seeds of apricots, bitter almonds, apples, peaches, and plums). It also contains fiber, iron, natural sulfur, alpha linoleic acid (ALA), oleic acid (OA), and linoleic acid (LA). It is used as an ingredient in lotions, soaps, creams, lip balms, and hair products.

Apple seeds also contain trace amounts of heavy metals like lead, cyanide and arsenic that can be harmful but only to small living organisms like insects and worms. It would take eating a bushel full of apple seeds to cause harm to a human. Apple seed oil is filtered to remove the heavy metals and make it healthy to be used as edible oil or as a part of a skin care routine. This oil has a pleasant and mild taste with a sweet aroma.

HISTORY

Originally from Central Asia, it was cultivated for about 1,000 years in Europe and Asia, and was brought by European colonists to North America. Apples play an important role in Greek and Norse mythology as well as Christianity.

HEALTH BENEFITS OF APPLE SEED OIL

Besides the health benefits of eating the flesh and skin of apples, the seeds found in the center of the fruit also possess amazing beauty benefits. The essential oil extracted from these seeds is used to facilitate collagen synthesis and skin cell regeneration.

ACTIVATES COLLAGEN PRODUCTION

Apple seed oil has compounds that enhance the collagen synthesis of skin. Collagen is a protein that imbues skin cells with a youthful appearance. Collagen production slows down with age, which weakens skin cells and makes skin look dull and lifeless. This oil provides suppleness and elasticity to skin.

SLOWS SIGNS OF AGING

Apple seed oil has compounds that enhance collagen synthesis. Collagen makes skin look vibrant and reduces the appearance of wrinkles and fine lines. Additionally, it has a high content of antioxidants that eliminate free radicals and slow the signs of aging.

IMPROVES SKIN'S APPEARANCE

Apple seed oil contains fatty acids that promote the overall appearance of skin. It plays a vital role in the body's providing nutrition to the skin.

SOFTENS SKIN

Apple seed oil softens and protects the overall texture of skin. Apple seed oil has a pleasantly sweet and mild aroma so it is sometimes added to skin care products and perfumes.

PREVENTS SUN DAMAGE

Apple seed essential oil can be used as a sunscreen due to its natural UV blocking properties; it prevents skin damage caused by harmful UV rays.

REGENERATES SKIN

This essential oil is used to protect skin and impart shine. It gives skin a youthful look. It is used in massage centers and spas. It is used as a vital ingredient in face masks and other skin products.

PROVIDES ELASTICITY

Apple seed oil improves skin's elasticity. The regular application of this oil during pregnancy helps to reduce the appearance of stretch marks. It hydrates, softens and protects the skin.

TREATS ACNE

Apple seed oil is used to treat skin ailments such as acne. It is rich in antioxidants that help keep skin clean and clear.

PREVENTS CANCER

Apple seed oil might be able to lower the risk of skin cancer. It can be used as a massage oil.

TRADITIONAL USES

- A. It is used to massage newborn babies.
- B. It is also used to fight the signs of aging, cure acne, and fade the appearance of stretch marks.
- C. It is used to reduce inflammation, restore normal skin barrier function, and condition skin and hair.
- D. It is used to protect, soften, nourish, and hydrate skin and hair.
- E. It enhances skin cell regeneration, it also increases collagen synthesis.
- F. It may be used to lower the risk of skin cancer.
- G. It is used to maintain overall skin health, and treat acne as well as other skin ailments.
- H. It promotes hair growth, provides relief from stomach cramps, lowers blood sugar levels, and prevents diarrhea.

PRECAUTIONS

- People with allergies to apples, strawberries, almonds, apricots, peaches or plums should avoid this oil.
- Seek advice from a physician before use.
- Use in moderation.
- For topical use, perform a patch test before use.

OTHER FACTS

- It is also used in medical and cosmetic applications.
- It is used as an ingredient in lotions, lip balms, shampoos, and other hair products.

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| Name | Apple Seed Oil |
| Scientific Name | <i>Pyrus malus</i> |
| Native | Originally from Central Asia, it was cultivated for about 1,000 years in Europe and Asia, and was brought by European colonists to North America. Apples play an important role in Greek and Norse mythology as well as Christianity. |
| Extraction method | Cold pressed filtration |
| Color | Yellow to light green |
| Odor | Mild |
| Flavor/aroma | Mild and sweet |
| Taste | Mild and pleasant |

REFERENCES:

<https://www.healthbenefitstimes.com/apple-seeds-oil/>

<https://www.amazon.com/Apple-Seed-Organic-Pure-Dr-Adorable/dp/B01AZPBQG6>

<http://www.stylecraze.com/articles/benefits-of-apple-seed-oil-for-your-skin/#gref>