3 Ways to Use Borage Oil

By Rosemarie Makhmaltchi

Borage oil comes from the seeds of the borage, or starflower, plant. It contains a highly rich concentration of an essential fatty acid called *gamma-linolenic acid* (GLA). The human body is capable of producing GLA, but requires specific enzymes in order to do so. Health and beauty products containing borage seed oil make it much easier to obtain this essential compound. There are several beneficial ways to use this oil.

1. Add borage oil to your diet. Ingesting borage seed oil is scientifically proven to greatly improve skin conditions such as chronic inflammation, psoriasis, and eczema.

2. Apply it directly to your skin. Studies have shown that topical application of a skin cream containing borage seed oil can heal damaged skin in as little as 14 days. The oil restores moisture and helps heal severely dry, cracked skin noticeably in that short period of time. It helps repair the skin’s moisture barrier and reverse the effects of disease and environmental damage.

3. Cure a baby’s “cradle cap”. Some newborn babies aren’t able to produce enough GLA on their own. This can result in a crusting of the skin in some areas, which is commonly referred to as “cradle cap”. Applying a topical borage seed oil cream to a newborn’s skin can clear up the condition in as few as 14 days. The cream doesn’t even need to be applied to every affected area of the baby’s skin. The newborn’s active system naturally absorbs the essential oil and distributes it throughout the body. Since “cradle cap” can be found in several spots on a newborn, this natural distribution makes it much easier to treat the condition.

Borage oil is a very useful natural product that delivers an essential compound to the human body. Its ability to restore the skin’s moisture barrier and help clear up chronic skin conditions is nearly miraculous. With all the ways there are to use this oil, it’s easy to take advantage of its tremendous health and beauty benefits.