

## PERILLA (PERILLA FRUTESCENS) OIL

*Perilla frutescens*, commonly referred to as perilla, is an annual plant that is native to India, China and Japan. It is also known by other names such as purple mint, Chinese basil and shiso.

The perilla plant has a long history of use in traditional Chinese medicine and is known for the several health benefits it offers.

Perilla oil is expressed from the seeds but an essential oil can also be produced by steam distillation of the leaves. Characteristics of the oil and the essential oil are different.

Perilla seeds contain a high amount of the omega-3 essential fatty acid, alpha-linolenic acid, or ALA. Perilla Seed Oil is also a good source of linoleic acid, the major essential n-6 fatty acid found naturally in the skin. Linoleic acid is the natural precursor for ceramide, a bioactive lipid that plays a role in maintaining skin barrier to protect against water loss. Perilla Seed Oil also contains oleic acid, an omega-9 fatty acid with demonstrated antibacterial, anti-inflammatory and antitumor activity. Perilla Seed Oil is easily absorbed into the skin and is rich in phenolic compounds that can protect the skin from free radical damage.

Regular massage with this oil is said to help alleviate symptoms of dryness and roughness. It also helps with skin rejuvenation, and therefore, it is also used on damaged or mature skin. Owing to its benefits related to the skin, it is used in the manufacture of various body scrubs, body lotions and creams.

Due to a strong characteristic aroma, Perilla is better used blended with other carrier oil.