

**BENEFICIAL EFFECTS OF GRAPE SEED EXTRACT AS TOPICAL
APPLICATION TO FACIAL SKIN: A PILOT STUDY**

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Introduction: An accumulating weight of evidence in the medical and homeopathic literature demonstrates benefits of grapeseed extract when ingested internally. The potent anti-oxidant and cholesterol lowering effects are those most documented. A pure, milled grapeseed extract has been developed for topical application. We designed a prospective study to observe the effects of topical facial skin application using grapeseed extract on human subjects.

Methods: Sixteen volunteer subjects used pure milled grapeseed extract as a topical application to their facial skin twice each day for six weeks. Subjects included 13 females, 3 males, ages 34 to 73. Each subject provided a baseline skin health history and underwent interview and examination by the same two observers with extensive experience in facial skincare, at weeks 0,3,and 6. Standardized photographic documentation was obtained at the same intervals.

Results: 88% of subjects reported improved texture of facial skin. Other reported salutary effects include: Evening of complexion pigmentation and excessive oil, decrease in breakouts, decreased dryness. Photographic documentation, physician and nurse observations supported the subjective reported benefits.

Conclusions: Topical application of grapeseed extract is safe and effective. Numerous benefits reported by subjects in this study were corroborated by experienced observers examining patients at three-week intervals and photographic documentation.

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