

# THE ZOE REPORT

## Raspberry Seed Oil Is The Skincare Essential You're Missing

If it seems like increasingly more morning smoothie fixings are showing up in your skincare routine, you're not wrong. Yogurt is a much-beloved base for DIY face masks; kale can be found in cleansers and creams from Youth to the People and Pacifica; and K-beauty empire Glow Recipe recently released an entire line of blueberry-infused products. But the latest superfood to make the jump from the kitchen cabinet to the bathroom cabinet might be the sweetest one yet: [Raspberry seed oil is the skincare essential](#) you'll wonder how you ever lived without.

Small but mighty, cold-pressed raspberry seeds produce an oil that's packed with a veritable laundry list of [skin-healthy vitamins and nutrients](#), including — but not limited to — vitamins A, C, and E; phytosterols; essential fatty acids like linoleic, alpha-linolenic, and oleic acids; and ellagitannins. Which, sure, sounds impressive... what does it all *mean*?

"Raspberry seed oil (RSO) is rich in vitamin E and vitamin A, both of which provide antioxidant protection," Ron Robinson, a cosmetic chemist and [founder of BeautyStat.com](#), tells The Zoe Report. As antioxidants, these vitamins (along with vitamin C) help [fight the effects of pollution on the skin](#). They neutralize free radicals — aka, damage-causing particles produced by things like pesticides and industrial emissions — to keep skin hydrated, plump, and free from fine lines and wrinkles. "The antioxidants in this oil slow collagen degradation as well," [Dr. Aanand Geria, a dermatologist](#) with Geria Dermatology, tells The Zoe Report. In other words, RSO is a anti-aging powerhouse.



### Three Sixty Five SPF 28

\$48

**KARI GRAN**

This oil from Kari Gran is meant to be mixed with your usual sunscreen for a double dose of deep hydration \*and\* natural sun protection.

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