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## **New Research Shows An Ancient Herb May Help Heal Dry Skin And Eczema—And It's In These Products**



This Ancient Herb Can Heal Dry Skin, Says Research [madlyinlovewithlife](#)

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- *A new study confirms that a plant extract commonly used as a folk remedy has the power to boost overall health, including helping to alleviate inflammatory skin conditions like eczema and rosacea.*
  - *The plant can be found in both topical products and in supplements, and dermatologists say it's an ingredient that can be beneficial for many people.*
  - *Some experts feel that more research is needed to fully confirm the plant's beneficial effects, and recommend checking in with your doctor before beginning any new supplement regimen.*
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Your go-to daily lotion can do a lot when dry, irritated skin strikes (and we know [dryness is more common in winter](#)). But what happens when you need something with a little more...power? Should you slather on a heavy cream or lean into a body serum?

A new scientific analysis says one ancient plant may be a better fit.

It's called borage or starflower, and this annual herb been used as a folk remedy to combat dry skin for centuries. While it's been a staple in alternative medicine circles (borage is particularly popular in Scandinavian countries), the plant is only starting to get a foothold in the U.S.

**Meet the experts:** [Gary Goldenberg](#), MD, is a board-certified dermatologist practicing in New York City. [Joshua Zeichner](#), MD, is the director of cosmetic and clinical research at Mount Sinai Hospital in New York City.

The scientific analysis, published in the journal [Biological Diversity](#), breaks down exactly how borage interacts with the body on a cellular level, and why it's so helpful for super-parched skin.

The bottom line: Dermatologists say this is a skincare ingredient that far too many people are sleeping on. Here's why.

**What the research says about borage and skin.**

For the analysis, researchers broke down data from preclinical trials and human clinical studies to try to figure out the science behind borage. Scientists discovered that a lot of the plant's power comes from compounds like gamma-linolenic acid (GLA), rosmarinic acid, and kaempferol. In case you're not familiar, [gamma-linolenic acid](#) and [rosmarinic acid](#) work to strengthen the [skin barrier](#) and help the skin to retain moisture. [Kaempferol](#) reduces inflammation and helps to [build collagen](#). But the analysis also found that borage can be helpful for treating certain inflammatory skin conditions.

## What is borage?

Borage is flowering plant from the Boraginaceae family, which also includes forget-me-nots and bluebells. "It has been used as a botanical remedy for a variety of health concerns, including [eczema](#)," says [Joshua Zeichner](#), MD, director of cosmetic and clinical research at Mount Sinai Hospital.

Borage has "broad pharmacological properties," including anti-inflammatory, antioxidant, antimicrobial, anticancer, liver-protective, and brain-protective effects, adds [Gary Goldenberg](#), MD a board-certified dermatologist practicing in New York City. You can take it orally in supplement form or use it externally in topical products (borage seed oil is what you'll commonly see on skincare ingredient labels).

## How does borage help skin health?

There are a few perks to consider. "Borage has been shown to improve skin barrier function, accelerate wound healing and repair, and treat inflammatory skin conditions such as [rosacea](#), eczema, or psoriasis," Dr. Goldenberg says.

These benefits are from high levels of gamma-linolenic acid in the seed oil, along with antioxidant compounds like rosmarinic acid, flavonoids, and phenolic acids, he explains. "These products also reduce UV damage," Dr. Goldenberg adds. Borage also "contains a blend of soothing and anti-

inflammatory ingredients, including fatty acids and antioxidants” to pamper your skin, according to Dr. Zeichner.

## **How to use borage as part of a skincare routine**

On the skincare front, borage is typically added to lotions and creams for the face and body. “Borage seed oil can be incorporated into skincare products to enhance skin barrier function and aid wound healing,” Dr. Goldenberg says. “It can also be used for its antioxidant and anti-inflammatory properties.”

Borage also comes in oral supplement form and can be used for inflammatory skin conditions like eczema or dermatitis, Goldenberg says. (Just check in with a healthcare provider before adding any new supplements to your routine.)

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## **Borage Therapy Advanced Formula Body Moisturizer**

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## Borage Oil

Yes, you can use this pure borage seed oil on your face and body, but it's ideally suited for the scalp. Massage 2-3 drops directly into the roots of your hair and leave on overnight to help treat a dry, itchy, and irritated scalp.



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## Borage Oil Softgels

If you prefer to treat your skin from the inside out, consider a daily supplement with borage oil. Take 1 of these softgel capsules daily with food to help improve a variety of conditioners, including dry, inflammed skin.



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And while this scientific analysis shows promise for borage, Dr. Zeichner says more research is needed to truly confirm its positive effects. Still, "it shows promise in addressing skin conditions, characterized by inflammation and skin barrier dysfunction," he says.

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