

Apricot Oil: The Secret to Naturally Radiant Skin and Hair

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Apricot oil is the oil extracted from the kernels (seeds) of the apricot fruit (Apricot). It is a light-textured oil that is rich in fatty acids (like oleic and linoleic acids) and fat-soluble vitamins (especially vitamins A & E) along with antioxidants. Because of this composition, it's often used as a "carrier oil" in skincare and hair-care, or directly applied for its nourishing and emollient properties.

Skin benefits

Here are some of the main ways apricot oil can help the skin:

Moisturisation & softness

Its lightweight nature helps it absorb fairly well into skin, making it good for dry or sensitive skin. It helps soften rough patches and maintain suppleness.

For example:

"Apricot kernel oil is very light in texture ... it gets easily absorbed into the skin and can travel to the deepest layers to moisturise."

Radiance & anti-ageing

Thanks to its vitamin E and antioxidant content, it helps protect the skin against free radical damage, which contributes to signs of ageing.

It also supports skin elasticity and a more even tone.

Gentle & suitable for sensitive skin

Because it is non-heavy and non-comedogenic (in many formulations), it may be suitable for skin that dislikes heavy oils. Some sources mention its use for skin conditions like eczema or dry / flaky skin.

Hair & scalp benefits

Apricot oil can also benefit hair and scalp health. Here are key uses:

Deep-penetration & hydration

It penetrates the hair shaft and helps retain moisture, which can reduce brittleness and make hair feel softer and more manageable.

Frizz control & shine

By smoothing the hair cuticle and sealing in moisture, it helps reduce frizz and gives a natural shine to hair.

Strengthening hair & promoting scalp health

The nutrients and fatty acids help strengthen hair strands, reduce breakage, and improve scalp condition. Also, because a healthy scalp means healthier follicles, that indirectly supports better hair growth.

Use as treatment

You can use as a pre-shampoo treatment, leave-in, or mixed into hair-masks. One example:

“Apply apricot oil to your strands and scalp before washing ... leave it for 30 minutes and then condition your hair as usual.”

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