

THE **FINE LINE** —

Beauty Secret: Celery Skincare



In the event you've missed the celery juice craze, you're in luck. This parsley family plant loaded with vitamins (K, Folate, and Potassium) and antioxidants, remains steadfast in the kitchen – and now in the beauty aisle. While not a revolutionary new ingredient, celery can deliver just what your skin needs. No juicer required.

Celery – whose origin “celeri” means “quick acting” – was initially known for beauty benefits in Ancient Greek times, as both the plant and its seeds were used for masks to help preserve and prolong skin from aging. More recently, anti-inflammatory and skin soothing benefits have brought celery to the forefront of [essential oils](#) and Indian Ayurvedic practices, much like the Chinese who revered the herb in the 5th century. Skincare launches take it a step further, delivering incredible hydration and an array of vitamins – sans pulp – for healthier skin.

Drink It In

Inspired by superfoods and wellness trends, skincare brands – predominately those focused on clean beauty – have tapped into the celery juice phenomenon. Apto skincare founder Marta Cros, launched two products harnessing the power of celery as it's “rich in Vitamin K and improves circulation, which can help improve rosacea, scarring, redness and overall skin sensitivity.”

[Volition Beauty](#) recently debuted a “celery-powered moisturizer” boasting intense hydration and purification provided by the green stalks. The [Celery Green Cream](#) collaborated with a Gold medal gymnast Nastia Liukin, who is confident in the power of celery:

“Every morning before training, my mother would make me celery juice and I didn't realize the benefits of it [until I got older]. After a long few days of traveling and feeling sluggish, Liukin [would turn] to her go-to wellness method

and that's when the idea clicked...“Celery is having such a moment and if it's really this good for you, can it be good for your skin, too?”

“Celery is 95 percent water,” says celebrity nutritionist Kimberly Snyder, C.N., “and when it comes to skin, hydration is key.” A devotee of celery's anti-inflammatory, hydrating, and mineralizing benefits, she promotes celery in her bestselling book “The Beauty Detox Solution.”

While hydration has proven itself a significant benefit, celery juice's cooling effect also gets rave reviews. Marta Cros notes, “...the very cooling and refreshing effect [is] great particularly for the hotter months of the year.”

Peony Cosmetics believes celery delves beyond hydration into anti-aging. Their [Celery Heart moisturizer](#) is “...bursting with Vitamins A, C and E... single-handedly [combating] the signs of aging by supporting the cells' innate ability to renew. With the aid of its special blend of soothing oils, it helps reduce irritation and leaves the skin flawlessly hydrated.”



[Celery Juice Mask](#)

\$18



[Celery Juice Day Lotion](#)

\$20



[Celery Green Cream](#)

\$55



[Peony Celery Heart](#)

\$30



[Naturally Serious: After-dark Natural Peptide Sleeping Cream](#)

\$52



[Celery Seed Aromatherapy Moisturizing Lotion](#)

\$10.95

The Fine (Line) Print

Much like celery juice fans themselves, celery as a skin salve has its naysayers. Board-certified dermatologist Rachel Nazarian, MD is among them. “Although topical celery [contains] antioxidants and [can] fight free radical damage, making it a possible anti-aging ingredient, it would not be superior to others on the market, such as retinol.” She also notes as other serums go beyond celery’s source of vitamin A, C, K, and folate, they’d provide greater efficacy.

Popularity also often thwarts the earnestness of an ingredient. With over 185,000 #celeryjuice posts on Instagram, and a man (aka Anthony William) calling himself @medicalmedium not only taking credit for the celery boom but writing a book entitled, “*Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide*,” without research to back up his claims, celery juice might just be considered a fad without merit.

And while we are intrigued by Korean skincare brand [Ariul's wheat & celery cleansing facial mask](#), we also recollect that just last year K-beauty brands were suggesting [snail slime](#). Food for thought.