

WELLNESS

Natural Benefits of Cilantro

Cilantro has been used in food and traditional medicine for thousands of years. The bright, citrusy herb contains antioxidants, such as linalool, that have anti-inflammatory properties, says Amy Rothenberg, N.D., a licensed practitioner in private practice in Northampton, MA. Cilantro is also incredibly easy to grow. Here, Rothenberg shares some favorite home uses.

BY ARRICCA ELIN SANSONE

EXFOLIATING SCRUB

Linalool also has anti-bacterial properties, so use this exfoliant on acne-prone skin to reduce oil buildup. With a mortar and pestle, crush 4 to 5 sprigs **cilantro** with 1 to 3 tsp **lime juice**. Stir in 2Tbsp regular **table salt** and add a few drops of your favorite **essential oil** such as grapefruit or eucalyptus oil. Massage into your T-zone in a circular motion. Rinse and pat dry. This recipe makes enough for one use. (If you have sensitive skin, do a patch test first.)

GENTLE LIQUID SOAP

This cleanser is mild on skin. Blend together 1 cup **cilantro leaves** (stems removed) and 2Tbsp **honey**. Stir in 2Tbsp **grain flour** such as oat, brown rice, or quinoa (not wheat) and 2 tsp **fragrance-free or unscented liquid soap** such as castile soap. Store in the fridge in a lidded glass jar; it keeps for about 2 to 3 weeks.

HERBACEOUS DRESSING

Add a splash of this antioxidant-rich dressing to salad, pasta, or vegetables, or use it to marinate chicken or fish. Blend together 2 cups **olive oil**, 4 cloves peeled **garlic**, 2 to 3Tbsp **fresh lime juice**, 1 to 2 tsp **spicy whole-grain mustard**, and 1 to 1½ cups **cilantro leaves** (stems removed). Store excess in a lidded glass jar in the fridge for up to 2 months.

LUCY SCHAEFFER, FOOD STYLING; CHRISTINE ALBANO, PROP. STYLING; CHRISTINA LANE