

# How to Grow Gorgeous Eyebrows That Won't Quit

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Eyebrows are finally getting the much-needed [attention](#) they deserve. And although eyebrow trends change from year to year, one thing remains the same: You've got to have healthy brows to shape your brows.

So, we reached out to two medical experts who specialize in dermatology for eyebrow maintenance ideas. Both doctors submitted top-notch advice on how to keep your most natural facial accessories nourished and lush.

## **Maintenance is key**

The first step to maintaining healthy eyebrows is keeping the skin in your brow area healthy and brow hair supple.

Trauma and inflammation of eyebrows can lead to permanent damage and thinning, says [Dr. Gary Goldenberg](#) of Goldenberg Dermatology in New York City. "I advise my patients to baby their eyebrows and skin around them," he says.

To maintain healthy brows at home, Goldenberg suggests applying moisturizer, such as castor oil, using sunscreen, and using a gentle [grooming](#) technique.

[Dr. Anna Guanche](#), board-certified dermatologist and beauty expert at Bella Skin Institute in Calabasas, Calif., adds that you should avoid over-plucking or waxing the brows, too.

### **Why castor oil works**

Castor oil may help nourish eyebrows and skin, Goldenberg says. “It’s filled with vitamins and antioxidants such as vitamin E and omega fatty acids.” He adds that it also contains ricinoleic acid, which may have anti-inflammatory properties.

Although castor oil is great for maintaining healthy eyebrows, it’s not proven that this oil can actually help eyebrows grow.

“Certainly real studies to make this claim [improved eyebrow growth] are lacking,” explains Goldenberg. “But supporting skin and hair health with products that contain anti-oxidants, omega fatty acids and vitamin E has some evidence. Castor oil fits this description.”

Guanche suggests blending [jojoba oil](#) with [castor oil](#) before applying to the brows. The addition of jojoba oil can cut down on castor oil’s inherent stickiness. Apply the oil blend with a dropper to your eyebrow roots at night and wash the mixture off in the morning. Regular or Jamaican black castor oil can be used interchangeably. And avoid excess use of the blend to keep [skin](#) breakouts at a minimum.

Guanche adds that castor oil is “category X” in pregnant women because it induces contractions. “It is possible therefore, that castor oil contains a naturally found prostoglandin analog, which would explain its effects on hair,” she adds.