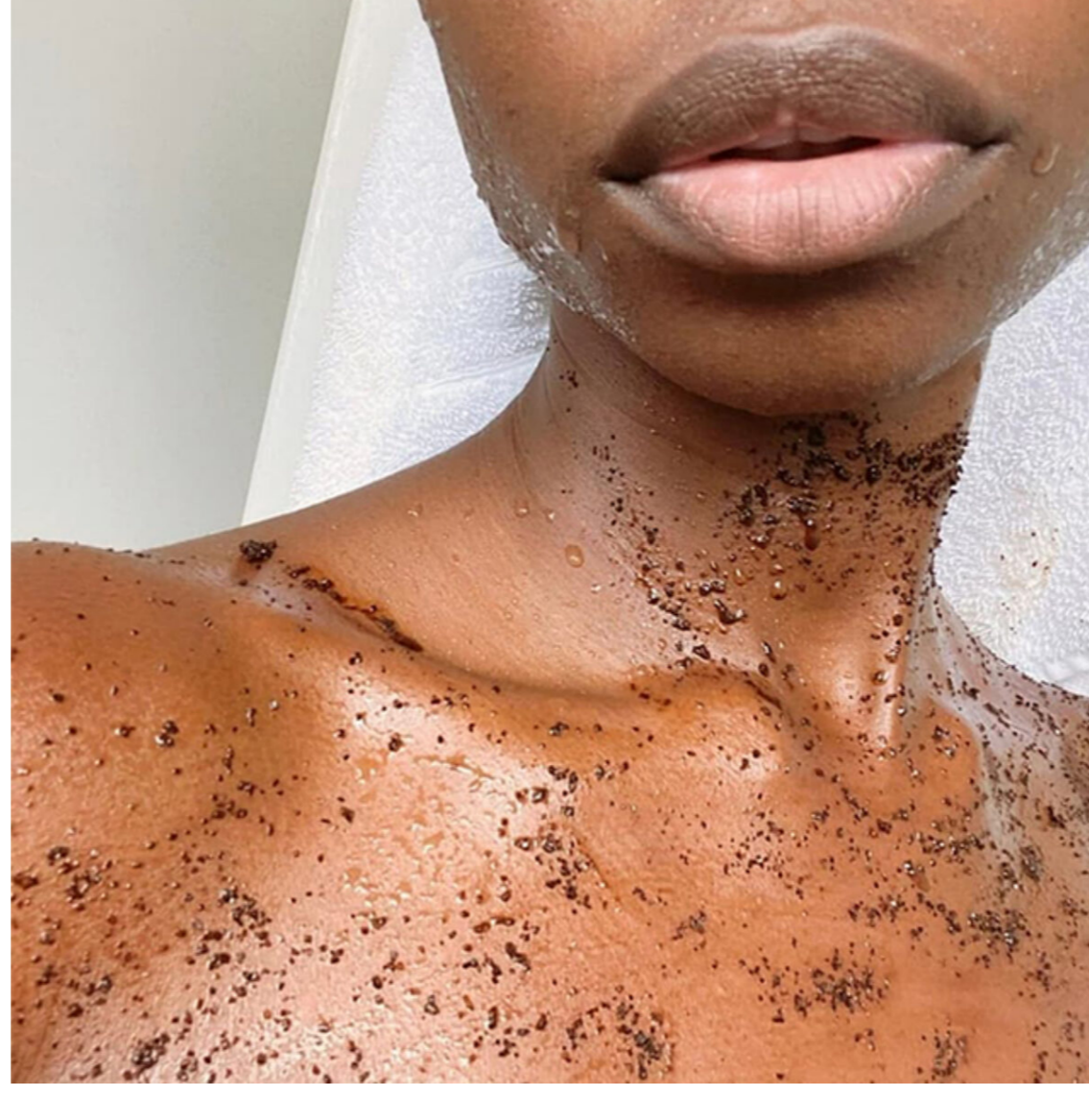


FACE

IS CAFFEINATED SKINCARE WORTH THE HYPE?

• by Sara Pollock



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Americanos, cold brew, lattes — we're partial to them all. There's nothing better to jumpstart the day than a freshly brewed cup of the finest stimulating elixir. But caffeine gets a bad rap. You don't need to be a healthcare professional to be aware of the multitude of negative effects it can bring, like dehydration, anxiety and insomnia. As such, our favourite morning beverage has become known as more of a vice than an aid — one that we might even have to **swap out** from time to time. However, did you know about the multitude of benefits that caffeine has for your skin? Enter caffeinated skincare.

When applied topically, caffeine energises and hydrates the skin. "Caffeine actually has a high ability to penetrate the skin to cause vasoconstriction that can help reduce the appearance of under-eye puffiness," says Dr. Monica Li, dermatologist and clinical instructor at the University of British Columbia. Basically, it constricts blood vessels, helping circulation and general puffiness. Whilst the effect is only temporary and is unlikely to have any long-term benefits, it's certainly worth a shot! (no pun intended).

Caffeine is also a potent antioxidant with anti-inflammatory properties. There is even some evidence to suggest that it decreases damage caused from UV rays (although we wouldn't suggest swapping your **SPF** any time soon). The bottom line: caffeinated skincare is definitely worthy of a spot in your routine. We've rounded up a handful of our favourites below.



The Inkey List
Caffeine Eye Cream



Upcircle Organic
Hydrating Face Serum



Origins
Into The Glow Brightening Serum

The Inkey List Caffeine Eye Cream

This hydrating, silky eye serum boasts an impressive peptide-rich formula (which rivals many other higher-end brands!) at an accessible price point. Plus, the highly concentrated, easily absorbed formula works well under makeup. What's not to love?

Upcircle Organic Face Serum with Coffee Oil

This serum deserves a spot on any top-shelf. It's formula features a multitude of skin-saving ingredients, including coffee oil, sea buckthorn oil, vitamin c and rosehip oil. Not only does this formula help build collagen and brighten weary complexions, but it is also formulated with repurposed grounds, is 100% vegan, and comes in fully recyclable packaging. It also smells delicious!

Origins Ginzang Into The Glow Brightening Serum

The iconic Ginzang range by Origins has been around for years and is a favourite among skincare enthusiasts. Recently, the brand introduced some new additions to the line-up, like their new Into The Glow serum. This serum is infused with Green Coffee Seed (widely known for its exfoliating properties) and helps to renew lacklustre dull skin and reduce the look of pores over time.

Frank Body Coffee Lip Scrub

To be honest, I'm a former lip scrub sceptic. I mean, it's all overpriced cleverly marketed granules of sugar. However, Frank's coffee grain and macadamia oil formula has me converted. This feels like a decadent treat on the lips and leaves them feeling extremely soft and slightly plumped. And don't get me started on the taste — wow.

Patchology Flashpatch Rejuvenating Eye Gels

Treat your restless laptop strained eyes and restore nourishment with a pair of soothing eye gels. With an energising jolt of caffeine, retinol and collagen, this powerhouse pair will fool your Zoom colleagues into thinking that you've had a full 8 hours when you've barely had 4. Store them in the fridge for optimum cooling!

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