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10 Vitamin Beauty Myths

In this day and age, with everything moving fast without so much as a pause, it's no surprise we humans turn to whatever product that promises us that we can keep up with the pressure.

So you go through that 40-minute-long Korean skin care regime and your face is just not clearing up? Well, chances are your skin is probably lacking nutrients. While a healthy diet plays a huge role in that, our body can also lack vitamins that a diet just cannot provide.

Often, consumers are scared away by beauty products saying that natural is always best and that using anything stronger, it will melt their faces off. This is far from the truth. While natural may be great and all but it is not a cure all solution for every skin type. We have compiled 10 vitamin beauty myths that are often misunderstood.

Myth 1: Vitamins are not going to help with beauty.



Image Source: <https://www.pexels.com/photo/woman-girl-beauty-mask-3192/>

A good diet only takes you so far. Vitamin A is known for having benefits for brighter and clearer skin while reducing the effects of aging. So say goodbye to deepened wrinkles!

Myth 2: My skin care regimen will take care of everything!



Image Source: <https://pixabay.com/en/women-s-mask-face-beautiful-model-2308899/>

Sadly, this is not true. You can slather creams and serums but for troubled spots and those suffering from rosacea, you might want to give Vitamin B complex a try. It has been proven to reduce redness and clear up a troubled face.

Myth 3: Vitamins C is only beneficial health wise.



Image Source: <https://pixabay.com/en/orange-food-juicy-fruit-188082/>

This isn't entirely true. Yes, Vitamin C is an amazing source of fiber and helps fight against bacteria but at the same time, it is a great help in getting rid of spots! Slather on some vitamin C creams every morning and watch those stubborn pimples fade away.

Myth 4: I can use raw food instead of man-made creams.



Image Source: <https://www.pexels.com/photo/food-salad-healthy-summer-33307/>

Yes, you absolutely are able to do that. However, this will only work if you already have flawless skin and are just looking to refresh and brighten it. For stubborn skin, you need to bring out the big guns. Creams that are chock full of vitamins are better as it has chemicals that will concentrate of getting rid of a specific problem.

Myth 5: Any sunblock is a good sunblock.



Image Source: <https://pixabay.com/en/sun-sunblock-sun-block-balm-creme-791524/>

Sure, that is half true. Keep in mind that while you want to keep those UV rays out, you also want to keep the good stuff in, like moisture and minerals. Keep an eye out for sunblock's that contain Vitamin E as this helps lock in moisture while keeping out dirt, heat and harmful rays.

Myth 6: Folic Acid should only be taken by pregnant women.



Image Source: <https://www.pexels.com/photo/woman-in-black-leather-jacket-standing-before-green-leaved-trees-160627/>

While beneficial for expecting mummies, folic acid is an amazing source of detox and are known for making your hair super healthy and shiny! Take a recommend dose and watch those tresses shine.

Myth 7: Eating loads of peanuts will help with nail growth



Image Source: <https://pixabay.com/en/feet-barefoot-sexy-ten-sand-1659412/>

You are going to have to eat a bucket of peanuts a day for that to happen. The key vitamin that makes our nails healthy is called Biotin. Sadly, the dosage of this vitamin found in our food is extremely low. We recommend looking for creams that have Biotin in it or just take some pills that cater to a specific problem like brittle nails.

Myth 8: Supplements make me gain weight.



Image Source: <https://pixabay.com/en/tape-pills-medicine-tablet-diet-403595/>

Vitamins have no calories in it and that means no weight gain!

Myth 9: Vitamin D can be obtained from a balanced diet alone.



Image Source: <https://www.pexels.com/photo/friendship-58592/>

Vitamin D is almost impossible to obtain from food alone. So unless you are willing to gulp down 10 glasses of milk and eat half a dozen fishes a day, you are going to need to get supplements. Some say you can

just get Vitamin D by sunbathing for a couple of minutes a day. Sadly, this isn't true unless you are willing to sit in the sun for an hour without sunscreen on.

Myth 10: I can get my omega 3 from fish alone.



Image Source: <https://pixabay.com/en/pills-food-supplements-yellow-347609/>

This is debatable. If you are able to eat fish on a daily basis, especially salmon, then an omega 3 pill might not be necessary for you. However, for those who are not a huge fan of seafood or anything fishy, this pill is an amazing source of protein while keeping your skin and hair flawless! Plus, it's also known to improve memory and focus!