

The Science of Skincare

Skincare ingredients and what they actually do.

Hyaluronic acid *for the dry skin gurlies*

- Found throughout the body in the skin, joints and eyes. It acts as a moisture magnet for the skin.
- Its hydrating properties enables it to improve the elasticity of the skin, reduce the appearance of wrinkles and maintain the skin's protective barrier.
- It is best applied to damp skin to lock in maximum moisture.

Niacinimide *for the acne gurlies*

- A form of vitamin B3, naturally occurring in foods, proven to reduce inflammation in the body and on the skin.
- Reduces acne by regulating oil production and minimising pores.
- Highly compatible with retinol & hyaluronic acid.
- suitable for all skin types (including sensitive skin).

Vitamin C *for the uneven skin gurlies*

- An antioxidant that protects against environmental damage and brightens.
- It evens out skin tone and dark spots, support skin repair and boosts collagen.
- Vitamin C is has been proven to be a powerful anti-aging ingredient.

Retinoids *for the mature skin gurlies*

- A type of vitamin A that speeds up cell turnover, unclogs pore and reduces inflammation
- It can accelerate the shedding of old skin cells which improves texture and minimises wrinkles.
- Retinoids can be an effective choice for mature skin and acne-prone skin.

Retinol vs Retinal:

The main difference between the two is speed and potency, retinal is known to be 11x faster and more effective than retinol. This means retinol is better for beginners and those with sensitive skin, retinal is ideal for faster anti-aging results.

