

## Decode Your Skincare Ingredients

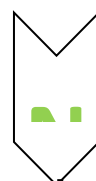



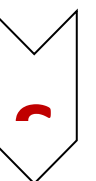
### INTRODUCTION

We all love those advertisements where the companies tell us to get fairer in just 15 days, or remove scars with two applications and even apply creams to get rid of dead skin and rejuvenate the skin texture. However, only a few of us are aware customers, who tend to see the contents of the creams/moisturisers that we consume.

Amazing marketing gimmicks, discounts, offers, flashy labels, erroneous portray of natural ingredients and many more such branding make us fall prey to the n number of creams and moisturisers available in the market.

According to skincare experts, one must read the ingredients of their product before buying in order to find out whether the same will suit their skin type.

Today we are going to decode the skincare ingredients for every skin type.

 <b>NORMAL SKIN</b>	 <b>DRY SKIN</b>	 <b>OILY SKIN</b>	 <b>COMBINATION SKIN</b>	 <b>SENSITIVE SKIN</b>
<p>This is the most common type of skin which is neither too dry nor too oily.</p>	<p>This skin type experiences dryness, tightness and discomfort on a regular basis.</p>	<p>This skin type produces excess oil and have a tendency for occasional blemishes and is more chronic for acne breakouts.</p>	<p>This skin type shows a mix of skin type with an oily “T-zone” and dryness on the cheeks and under the eyes.</p>	<p>This skin type is usually fair that tends to burn easily and has tendency for redness or rosacea.</p>
<p><b>IMPORTANT INGREDIENTS</b></p>	<p><b>IMPORTANT INGREDIENTS</b></p>	<p><b>IMPORTANT INGREDIENTS</b></p>	<p><b>IMPORTANT INGREDIENTS</b></p>	<p><b>IMPORTANT INGREDIENTS</b></p>
<ul style="list-style-type: none"> <li>◉ <b>Ceramides</b> These are lipid molecules that help prevent moisture loss. Natural or synthetic ceramides help maintain and restore skin barrier function.</li> <li>◉ <b>Essential fatty acids</b> These are required for moisturization that keeps skin healthy and glowing. These fatty acids include Olive oil, avocado, almond oil, and shea butter that help lock in moisture.</li> <li>◉ <b>Glycerin, glycols, and polyols</b> These three ingredients can appear in</li> </ul>	<ul style="list-style-type: none"> <li>◉ <b>Ceramides</b> Dry skin is often the result of excess sun exposure and other factors of environment. Ceramides help lock in water thus keeping skin moisturised.</li> <li>◉ <b>Keratolytics</b> It increases moisture in the skin by softening/dissolving keratin, thus holding the top layer of skin cells together. Look for creams or moisturisers with ammonium lactate or urea.</li> <li>◉ <b>Niacinamide</b></li> </ul>	<ul style="list-style-type: none"> <li>◉ <b>Kaolin (Clay)</b> Kaolin is a naturally occurring white clay that helps absorb oil and mattify skin.</li> <li>◉ <b>Sunscreen</b> Those with oily skin should choose a sunscreen with an SPF of no more than 30.</li> <li>◉ <b>Retinol</b> It helps build collagen and firm up skin keeping the pores tighter so that they create and emit less oil.</li> <li>◉ <b>Glycolic acid</b></li> </ul>	<ul style="list-style-type: none"> <li>◉ <b>Ceramides</b> Ceramides help lock in water thus keeping skin moisturised.</li> <li>◉ <b>Essential fatty acids</b> A combination skin requires apt moisturisation that keeps the skin healthy and glowing.</li> <li>◉ <b>Antioxidants</b> Potent, stable antioxidants help shield skin’s surface from further deterioration and defend against the visible signs of aging. Few antioxidants are Green tea extract, grape extract, resveratrol, vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>◉ <b>Bisabolol- Extracted from Chamomile</b> It has properties like anti-inflammatory, anti-irritant, anti-bacterial, anti-fungal, non-allergenic which affirms its place as a skin healing ingredient.</li> <li>◉ <b>Calendula Extract</b> An effective ingredient for skin skin issues like Eczema, psoriasis, dermatitis and other skin problems. Calendula boosts the collagen production while making skin</li> </ul>

lists. They help skin to bind in extra

Also referred to as vitamin C3,

It helps reduce excessive oil and prevents vitamin E, epigallocatechin-3 gallate,

radiant and healthy.

numerous variations on ingredient moisture and keep it hydrated.

Niacinamide stimulates microcirculation and prevents water loss in the skin. It increases

the plugging of pores that leads to acne breakouts.

superoxide dismutase, ferulic acid, quercetin, willow herb extract, feverfew extract, and licorice extract.

**Oatmeal (Colloidal Oatmeal)**

**Avena Sativa**

Oatmeal has a special ingredient in

it, called beta-glucan, that helps in

activating skins' immune system. It

helps in reducing redness, skin

irritation, ageing and relieves skin

disorders. To find this in your

skincare, look for the word Avena

sativa (oat) kernel flour

**Panthenol**

It is a provitamin of B<sub>5</sub>, used as a

moisturizer and lubricating

compound that is readily absorbed

by the skin.

**Emollients**

Lecithin, an emollient, is a

softening & soothing agent. It keeps

skin hydrated and is used for

products designed for mature, dry,

or overworked skin.

**Allantoin**

Highly regarded for its skin

soothing, healing and keratolytic

properties. It helps shed the outer

layer of the epidermis and

**Hyaluronic Acid**

The hyaluronic acid molecule absorbs about 1,000 times its own weight in water. This hydrating action keeps collagen and elastin moist and functioning, and therefore helps skin look supple and youthful.

production of ceramides and also stimulates natural production of collagen

**Hyaluronic acid**

This ingredient provides immediate hydration.

**Occlusive agents**

Look for occlusive ingredient, "like petrolatum, shea butter or dimethicone to seal the hydration in

**Glycerin, Glycolic Acid**

It dissolves the dry skin cells on the surface of skin to encourage a brighter, smoother, more even-toned complexion.

**Marula oil**

This oil is rich in essential fatty acids and helps maintain natural moisture without clogging pores.

**Antioxidants**

Antioxidants defends visible signs of aging. Few antioxidants are Green tea extract, grape extract, resveratrol,

**Hyaluronic acid**

It attracts and seals water into the skin. Avoid hyaluronic acid if you live in a low humidity climate as it stays unabsorbed from skin's surface and may actually dehydrate it, drawing out moisture.

**Salicylic acid**

It can penetrate the sebum that clogs pores, clearing blackheads. Avoid it if you have dry or sensitive skin or an allergy to aspirin.

**Oil-free moisturizer**

Avoid mineral oil, petroleum, and petrolatum in your moisturizer, as they will suffocate oily skin and clog pores.

**Emollients**

Emollients are lubricating ingredients that thwart water loss and help maintain dry skin's moisture. Emollients include non fragrant plant oils along with shea butter, cocoa butter, fatty acids, borage oil, linoleic acid, oleic acid and more

**Hydroxy Acids**

Hydroxy Acids like Alphahydroxy acids and Betahydroxy acids (AHS & BHAs) smooth tighten, firm and brighten the skin.

It helps in building collagen and elastin remodeling, pigment lightening and melanin suppression.

promotes healthy tissue formation  
to regenerate.

🔴 **Essential fatty acid**

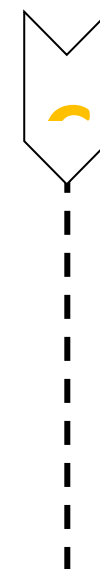
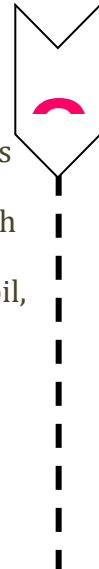
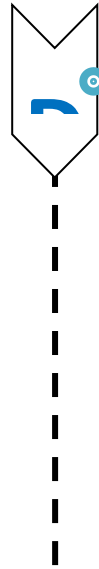
Borage Oil, an essential fatty acid, is the richest known source of gamma linolenic acid (GLA). It helps replenish and maintain skin's moisture levels. Borage oil is high in salicylic acid that helps in toning and tightening skin or breakouts. It is called 'Borago Officinalis' in skincare ingredient lists.

vitamin C, E, epigallocatechin-3 gallate,  
superoxide dismutase, ferulic acid,  
quercetin, willow herb extract, feverfew

extract, and licorice extract.

🔵 **Emollients**

Emollients help maintain dry skin's moisture. It includes oils along with shea butter, cocoa butter, borage oil, coconut oil, evening primrose oil, sunflower oil, and mango butter.



**Now, since you know what ingredients are best suitable for your skin, go and look at the back of your creams and moisturisers and find out whether you are using the correct thing.**