



10 Non-Hype Ingredients That Target Mature Skin

Vitamin A - Retinol

It helps skin create better, healthier skin cells while increasing the number of skin-support substances and has been shown to increase collagen production and glycosaminoglycans content, resulting in firmer skin with an improved texture and enhanced barrier function.

Antioxidants - Vitamin C

Studies have shown an increase in collagen production (including dermal collagen, which is significant for wrinkle reduction), reduce the appearance of skin discolorations, strengthen skin's barrier response, enhance skin's repair process, reduce inflammation, and help skin better withstand exposure to sunlight, even without sunscreen.

Alpha Hydroxy Acids

AHAs are best for normal-to-dry or sun-damaged skin because they help bind moisture and improve healthy collagen production and smooth an uneven skin texture. BHA is best for normal-to-oily or breakout-prone skin while also being excellent for reducing redness from rosacea.

Vitamin E

Works in several different ways including helping to protect cell membranes from oxidative damage and preventing collagen from being destroyed. It also works in powerful synergy with vitamin C. Vitamin E on an ingredient label may be listed as tocopheryl acetate, tocopheryl linoleate, tocotrienols, alpha tocopherol and tocopheryl succinate

Niacinamide: A component of vitamin B3 "has been shown to increase ceramide and free fatty acid levels in skin, prevent skin from losing water content and stimulate microcirculation in the dermis. It also has a growing reputation for being able to lighten skin discolorations and reduce acne,"

Green Tea Extract

The antioxidant components work to reduce inflammation, build collagen and reduce cell damage by impeding the harmful effects of sun exposure.

Grapeseed Oil or Extract

This antioxidant significantly reduces free-radical damage - combining it with other antioxidants greatly enhances its efficacy. It also has wound-healing properties. For fighting wrinkles, it is one of the top superstars.

Resveratrol

Resveratrol is a potent polyphenolic antioxidant that's found in red grapes, red wine, nuts, and fruits such as blueberries and cranberries. Resveratrol has incredible protective benefits for the skin. When applied topically, it protects against sun damage, improves collagen production, and reduces cell damage. It is a stable, potent antioxidant worth seeking out in a skin-care product. It also has significant anti-inflammatory properties—and inflammation is a major behind-the-scenes culprit of multiple skin issues, from acne to rosacea to eczema. In addition, studies have shown that resveratrol inhibits tumor development.

Ceramides

They make up about 20 percent of the skin's intercellular matrix, which is the 'glue' that holds skin cells together. They also help the skin maintain its appearance while protecting. When your skin suffers from sun damage, a dry environment or irritating skin care products, ceramides decrease, so replenishing the skin's ceramide content is a powerful way to protect and help it look younger.

Linoleic Acid/Phospholipids

These fatty acids replenish the skin's intercellular matrix, preserving its appearance. In addition, they function as cell-communicators, working to 'tell' the appropriate skin cells how to function in a healthier manner. They also help reduce inflammation, which is a key factor in how the skin ages.