



10 Reasons to Add Oat Enzyme to Your Skincare Regimen



1. It helps keep skin hydrated by forming an occlusive layer on the surface that helps retain water in the skin.
2. It allows natural and gentle cleansing of skin due to presence of saponins (any of various and often toxic glucosides that occur in plants i.e., soapwort or soapbark that are characterized by the property of producing a soapy lather).
3. It provides gentle exfoliation.
4. It imparts moisturizing, soothing, conditioning, and nourishing qualities, significantly improving skin dryness and roughness.
5. It helps reduce skin inflammation making it ideal for treating inflammatory skin conditions.
6. It contains antioxidant properties due to the presence of different types of phenols including ferulic and caffeic acids.
7. It contains flavonoids that are strong UVA screens (absorb UVA rays).
8. It is non-irritating and has low allergenic potential.
9. It's suited for all skin types including sensitive and problem skin such as acne, eczema and psoriasis.
10. It's inexpensive and readily available!