

Vitamin Moisturizers

WHY THEY ARE EVERYTHING

By Jean Ciel

With so many new products launching on the market, we need a moisturizer that stands the test of time – so what ingredients should we look out for? The Comb Magazine gives you the lowdown...

You might not be rich, but your skin can be!

The key to having healthy skin is to feed it with rich nutrients – and that doesn't have to come only from a slick diet! With so many fancy ingredients now used in the latest hype products, sometimes the power of simple vitamins can be overlooked. Here's the list of which ones can do wonders for your skin...

Vitamin E:

Vitamin E is a powerful nutrient and antioxidant – no wonder it's been used in skincare for so long! It's mainly found in sunscreens, anti-aging moisturizers and skin brighteners – making it ideal for treating wrinkles by supporting new skin cell growth and speeding up cell regeneration.

Bye bye brown spots! Vitamin E oil prevents and repairs free radical damage. When applied topically to brown spots on the skin, it helps to lighten and smooth the rough skin by lubricating cell membranes and encouraging cell regeneration. Vitamin E works even better when combined with other antioxidants such as vitamin C and CoEnzyme Q10, which work best in blends.



Vitamin C:

While vitamin C is naturally present in some foods and added to a few others – it is an antioxidant that helps regenerate other antioxidants in the body and delays the damaging effects of free radicals on the skin and body. Applying vitamin C oil topically can help improve sunburn and aids the treatment of Eczema.

Vitamin C is also a required component for the production of hydroxyproline and hydroxylysine, both of which are needed to bind the molecules that produce collagen. This, in turn, firms and tones the skin. Collagen deficiency makes the skin dull and lifeless.

Collagen rejuvenates the skin from the roots and reduces wrinkles and symptoms of aging.

Vitamin A:

Vitamin A works by normalizing skin functions so it corrects all skin conditions – it thickens and stimulates the dermis – where your collagen, elastin and blood vessels are – thus reducing wrinkles and increasing blood flow to the surface of the skin. The result? An increase in the deposition of collagen – hurray! Use your Vitamin A at least twice a week and you will reap benefits. However, for maximum effect use every night and, if tolerating well, any of the Osmosis MD Vitamin A products can be used morning and night.