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SKINTHOUGHTS

NEWSLETTER
"THOUGHTS FOR YOUR SKIN"

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Vitamin C- what's it all about?

With so many products to choose from nowadays, why is topical Vitamin C still such a buzz word in this industry? Topical Vitamin C has maintained its popularity because of the science that surrounds it. In this newsletter, you will be informed on the various forms of Vitamin C, the different strengths, as well as the various formulas we find it in.

Vitamin C triggers the production of collagen. This minimizes the appearance of lines and wrinkles, while restoring an even skin tone. Results can appear quickly, and will continue to improve, the longer one is using topical Vitamin C.

Vitamin C also helps to repair the skin as a result of sun damage in addition to some physical stress such as scrubs and extreme measures like the trauma from surgical procedures.

Improving the overall color and clarity is also a job that is done well by Vitamin C. It acts like a skin lightener by interfering with the overproduction of melanin. By blocking this action, the appearance of sun spots, melasma, and other skin discolorations will improve.

Vitamin C is also responsible for fighting free radical damage. The presence of free radicals is a high contributing factor to aging. Once free radicals are present in the skin's tissues, they disturb the natural function of the cells. This then leads to premature aging, as well as destruction of healthy tissues. Free radicals are known to be encouraged by the environment (sun, pollution) and everyday stress. Being that Vitamin C is a very potent antioxidant, we apply this topically to disturb the free radical production and assault that they are causing within the skin. That is why Vitamin C is vital to our diet, as well as topical application. Our skin, in addition to our bodies, need it to function properly and to survive.

What kind?? How much??

Now that we know what vitamin is responsible for, we have to determine how much and which kind of Vitamin C are useful. L-ascorbic acid is scientifically proven to be the most beneficial form of Vitamin C. Thousands of studies have proven that Vitamin C has many long term as well as short term benefits. Although many products have "Vitamin C" listed in their ingredients, one must pay close attention to the actual formula. L-ascorbic functions well in the skin up to a 20%, typically with little to no irritation. Some formulas are found to have water in them while others have a "suspended" formula that encapsulates the vitamin and possibly changes the absorption rate. Other ingredients are now found in these newer formulas, making them appear as a "multi-task" type of product. This is a great concept for the consumer who wants more of an all in one product, however leaving the formula with less percentage of Vitamin C available to the skin.