

Product Writing: Cosmograde

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With the chaotic amount of skin care companies toting the benefits of one product over another, it can become quite a tiring charade when shopping for quality skin cream. What can help in the decision making process is to know what ingredients are truly needed and which ones are unnecessary additives, to weed out those not worth the investment. Being an educated consumer can not only help with selecting a product that is more nurturing for the skin, but it can also give the consumer more “bang for his/her buck” in the long run. Investing in skin creams that are densely packed with nutrient rich ingredients verses ingredients of lower quality, will yield in beneficial results faster, creating a more satisfied customer sooner. Reduce wrinkles now and prevent future aging by considering these ten critical ingredients when purchasing your skin care products.

Antioxidants

Antioxidants are generally found in high nutrient foods. Studies have demonstrated their ability to destroy free-radicals, commonly caused by oxidative stress. Oxidative stress, a product of environmental toxins as well as diet and lifestyle choices, has a direct correlation to the aging process because of its tendency to attack skin cells, resulting in irreparable damage.

Antioxidants can help to destroy free-radicals, reducing the visible appearance of wrinkles, while preventing future fine lines from developing.

Idobenone

A compound with powerfully strong antioxidants, Idobenone properties, closely related to that of CoQ10, are know for it's cellular energy production and ability to neutralize some forms of free-radicals. An excellent skin rejuvenation and anti-wrinkle remedy.

Vitamin C

A naturally occurring ingredient and potent antioxidant, Vitamin C is known for its gentle replenishing effects that combat free-radicals and inflammation.

Glycolic Acid

A strong ingredient capable of working beyond the superficial layer, penetrating deep below the surface, down to a cellular level to reduce wrinkles, as well as prevent skin spots.

PSP

Processed Skin cell Protein can contribute to stimulating skin growth. Because of its nourishing and repairing properties, PSP is generally beneficial for healing wounds.

Retinol

A compound of Vitamin A, Retinol has been a popular constituent since the inception of the anti-wrinkle cream. Vitamin A, given its rich source of antioxidants, is known to neutralize the breakdown of skin cells caused by free-radicals.

Grape Seed Oil

A powerful antioxidant and anti-inflammatory, grape seed oil is packed with essential fatty acids that lock the moisture into the skin. Excellent for repairing wrinkles around the eyes, in addition to fine lines on the forehead. Grape seed oil's powerful properties can also double as a wound healing agent.

Hydroxy Acid

This compound is known for its exfoliate nature with its ability to remove dead skin cells on the surface layer as well as stimulate growth of newer skin below.

Vitamin E

Similar to grape seed oil, Vitamin E is rich in antioxidants and fatty acids, fighting against free radicals from both environmental and life stressors. Known to not only reduce wrinkles but also

beneficial for reducing age spots. Studies have show that the natural form of Vitamin E - alpha-tocopherol acetate – is more effective than that of its synthetic form.

Coenzyme Q10

Has a dramatic effect on wrinkles as it contributes directly to stimulating the production of skin collagen and elastin. Potent in antioxidants, it also prevents damage from free-radicals. The ideal form of Coenzyme is Nano-Lipobelle H-EQ10, as it is known to be a longer lasting preventative, working at the cellular level. Excellent for protecting against sun damage, fine lines and wrinkles.

Finding a skin cream with all the above ingredients is a challenge, however, there are many respectable over-the-counter products with at least four or more of the above constituents.

[CosmoGrade's](#) all natural skin care line leaves skin radiant with it's rich antioxidant packed formulas. [CosmoGrade](#) believes we all deserve lustrous, younger looking skin!

For more skin care advice, or a [wellness consultation](#), contact us at [BioidenticaRX](#).

Sources:

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