

DEMYSTIFYING SKINCARE

BUZZ WORDS ANSWERS

TERM	EXPLANATION
Retinol	Also known as vitamin A, retinol helps to normalise skin functions.
AHA	Stands for Alpha Hydroxy Acid. This group of anti-ageing ingredients help to resurface the skin.
Amino Acids	These chemical substances are the building blocks of all proteins, including the skin.
Peptides	Fragments of proteins that can be tailored to provide various anti-ageing benefits.
Hyaluronic Acid (HA)	A water binding molecule found in the body. It can hold up to 1000 times its weight in water and also provides plumping and bounce to the skin.
Anti-Oxidant	These are a group of ingredients that can protect the break down of components in the skin through exposure to things such as UV and pollution.
Collagen	A protein that strengthens and supports the skin's structure.
Elastin	A protein that gives elasticity to the skin, as it coils and recoils like a spring.
Fibronectin	A protein that binds the skin components like collagen and elastin together.
Melanin	A dark brown pigment in skin that gives it its colour.
Skin Barrier (Skin barrier function)	The outer part of the skin that helps lock-in moisture and keep out harmful elements that we may come in contact with during the day.
Epidermis	The top layer of the skin where ageing signs like wrinkles and uneven tone and texture become visible.
Dermis	The bottom layer of the skin which holds the structural components that give skin its elastic properties. It consists of collagen, elastin, fibronectin, and hyaluronic acid etc.
Pigmentation	Pigmentation is a result of melanin production in the dermis (bottom layer) showing up in the epidermis (top layer).
Cell Turnover OR Skin Exfoliation	The top layer of skin (stratum corneum) that sheds skin cells daily. This is called cell turnover or skin exfoliation.