

SOMETHING NEW

by Kris Campbell, L.E., founder of Hale & Hush

Looking for interesting ingredients in the professional skin care industry this year? Try on some of the latest ingredient options for size, including a few that are experiencing a resurgence as their uses are modernized.

KALAHARI MELON SEED OIL

Kalahari melon seed oil (*Citrullus lanatus*, or watermelon, seed oil) is a luxurious oil showing up around the world in moisturizers, facial oils, cleansers, and more. It is a pale-yellow oil with no odor and contains up to 70% linoleic acid. Melon seed oil is high in vitamin E and plant sterol content, which have great antioxidant capabilities. Skin absorbs this ingredient quickly and benefits from more elasticity. This oil also helps with water loss, reduces the appearance of wrinkles, and encourages microcirculation in skin.

LACTOBIONIC ACID

Lactobionic acid (4-O-beta-D-Galactopyranosyl-D-gluconic acid) is a unique ingredient derived from milk as an oxidized form of lactose. It is considered a polyhydroxy acid, which is a subcategory of alpha hydroxy acids. Lactobionic acid is less irritating and can plump the appearance of skin as a humectant. Since it does not penetrate as deep as beta hydroxy acids and typical alpha hydroxy acids, it can be a good option for those with sensitive or sensitized skin. Lactobionic acid can also help brighten hyperpigmented areas of concern. Typically, this ingredient is found in masks, peels, and scrubs.

MAMEY FRUIT

Mamey fruit (*Pouteria sapota*) primarily comes from a type of tree in Central America and Mexico. Rich in vitamin E to aid in wound healing, this anti-inflammatory helps nourish and protect skin from damage caused by free radicals. A high concentration of vitamins A, B, and C, as well as potassium, manganese, fibers, antioxidants, and minerals make this a wonderful addition to anyone's skin care routine. Mamey is also wonderful for healthy hair of all types, including head, eyebrows, eyelashes, and even beards. In addition, this fruit is hydrating to nourish even the most compromised barrier back to health.

WINTER CHERRY EXTRACT

Winter cherry extract (*Physalis alkekengi* fruit extract) is an herbal extract with protective and balancing proper-



ties that helps skin retain its barrier function, which in turn helps reveal plump and well-moisturized skin. Cherries contain anthocyanins, which are a good source of antioxidants. Winter cherry offers a natural protection against high-energy visible light, is anti-inflammatory, and helps protect against hyperpigmentation. Collagen and elastin health are also preserved when regularly using a product with this ingredient.

POLYGLUTAMIC ACID

Polyglutamic acid is like hyaluronic acid and may be even more hydrating. While hyaluronic acid can naturally occur in the human body, polyglutamic acid does not. When a person ages, they lose hyaluronic acid in their skin as it gets damaged by the enzyme, hyaluronidase. Polyglutamic acid helps inhibit the breakdown action of hyaluronidase and gives skin a much more rejuvenated appearance. It is common in serums, and all skin types will benefit from hydration to support their skin barrier function at any age.

As with any ingredients in skin care, conducting personal research is always encouraged. There is a lot of marketing out there, and if there is any uncertainty, always go back to the product manufacturer to ask questions. Make sure the ingredients are safe and beneficial for the spa's clientele and their skin concerns. Regularly try new products with emerging ingredients to get a feel for the latest available formulations. Remember to stay educated as many clients are reading about the same ingredients, and they will look to their skin care professional for guidance.

