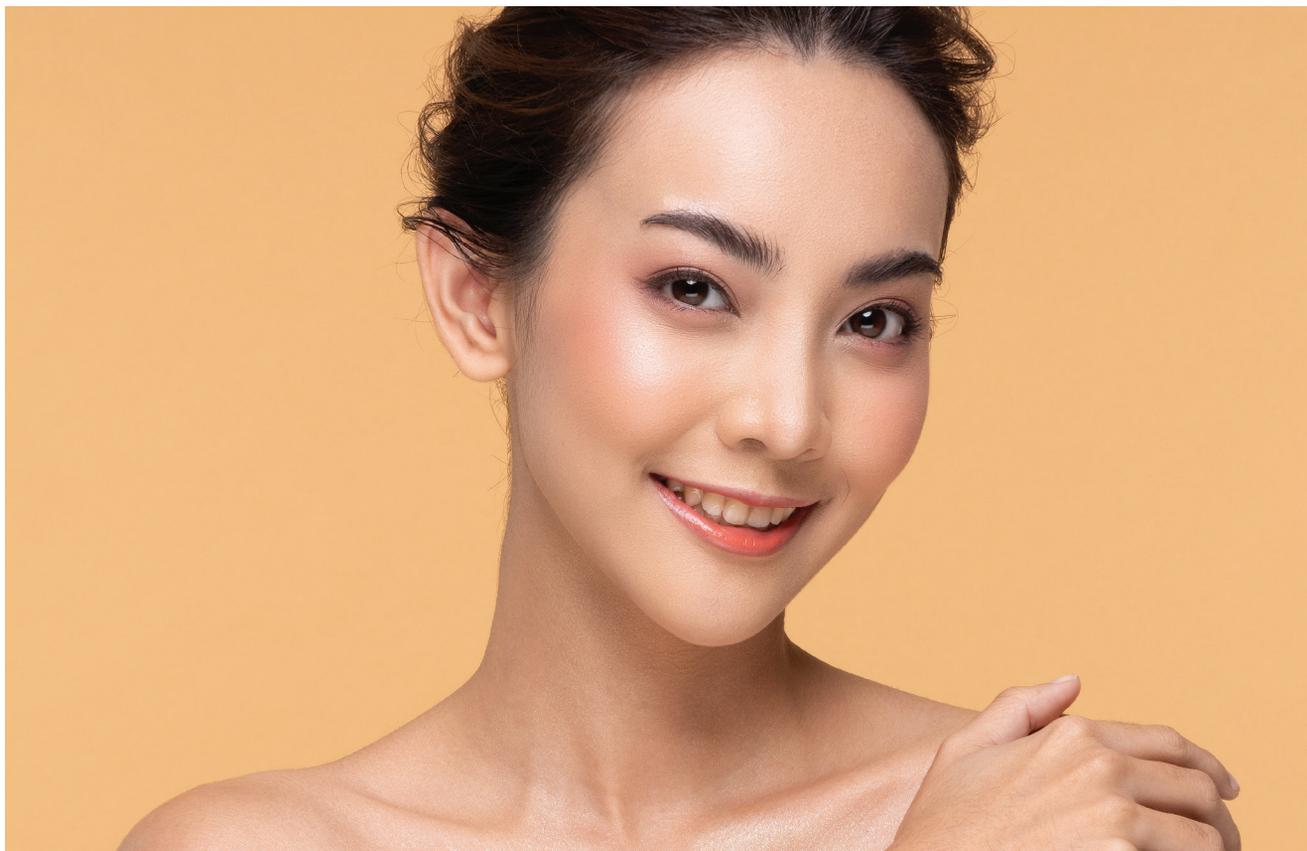


pro picks



TWO BIRDS, ONE VITAMIN

by Lindsay Lange, licensed aesthetician

Vitamin-filled skin care is not new in the aesthetics industry; however, the trend of vitamins in skin care has taken an uptick in popularity among social media and the standard beauty industry as a whole. Vitamin E is no stranger to this obsession and has been a steadfast pillar ingredient in skin care products and cosmetics. It is known for its hydrating, protective, and antioxidant properties, making it a favorite among aesthetics professionals. While being a popular ingredient found in many nourishing creams and serums, vitamin E is sometimes an underrated essential nutrient in

skin care because the full beneficial potential of it can become lost in translation or fall behind other effective vitamins and antioxidants.

VITAMIN E

Vitamin E is a naturally occurring fat-soluble antioxidant. It is most often listed on an ingredient label as tocopherol, tocopherol-acetate (a synthetic vitamin E), or alpha-tocopherol, the most potent natural form of vitamin E that the body can metabolize. Vitamin E is a powerhouse because it supports not only skin health and cellular function but also the immune system as a whole. Make no mistake. Vitamin E is not the average ingredient.

Botnia Skincare
Restorative Face Cream
 botniaskincare.com



Bio France Lab
Medi-Cold Cryo Healing
Advanced Jelly Peel-Off Mask
 biofrancelab.com



GINAMARIE Skincare
Liquid Loofah Lite
Cleanser
 ginamarieproducts.com



Hale & Hush
Soothe Essence Serum
 haleandhush.com



Herbal Skin Solutions
Land & Sea CBD
Mineral Mask
 herbalskinsolutions.com

As an antioxidant, vitamin E protects skin from cellular damage by acting as an invisible shield against free radicals. Free radicals can trigger cellular damage, like premature aging, discoloration, and dark spots. However, vitamin E can prevent this damage from occurring by neutralizing the free radicals that can potentially destroy collagen.

BENEFITS

Acid Mantle

Vitamin E has an excellent resume for skin and overall health and wellness benefits and proves itself to be a potent vitamin necessary for optimum skin. Because vitamin E is fat soluble, it can penetrate deeper into the epidermis and dermis layers of skin to better preserve and protect the lipids, which are the natural fats found in skin. As a result, it replenishes the acid mantle, which replenishes the skin barrier.

Moisturization & Hydration

Since vitamin E has the properties of both a humectant and an emollient, it is great at keeping skin moisturized and hydrated. A humectant helps absorb water into skin, and an emollient helps trap water. Because vitamin E has this dual action, it creates a strong sandwich effect within skin that maintains hydration and firmness. It is the ultimate plump factor.

Ultraviolet Ray Protection

Vitamin E can be found in many sunscreen products because of its ability to absorb energy from ultraviolet rays, continuing its defense against ultraviolet-induced free radical damage. However, it should be clarified and understood that vitamin E alone is not adequate protection from ultraviolet damage.

Soothing & Healing

When a client has irritation, vitamin E is a good choice for its soothing and healing benefits. Almost considered a superpower for healing, vitamin E closes cracks that form in skin from irritation, inflammation, or over exfoliation, repairing a compromised barrier. As a natural anti-inflammatory, vitamin E can also diminish the appearance of scars from abrasions such as acne marks, cuts, or burns because it may increase blood flow and oxygenation to skin, which speeds up the cellular healing process.

VITAMIN E & SKIN TYPES

Since vitamin E is excellent at retaining moisture in skin, as well as strengthening the skin barrier, it is a great ingredient to look for in moisturizers, serums, and oils for dry or dehydrated skin. Dry and dehydrated skin are often miscategorized and are not the same, but both can benefit from vitamin E.

Lira Clinical
SPF Solar Shield 30 Oil Free
 liraclinical.com



PFB Vanish Inc
PFB Ultra
 pfbvanish.com



Pevonia Natural Skincare
Vitaminic Concentrate
 pevoniapro.com



YON-KA PARIS
Vital Defense Multi-Protection Mist
 professional.yonkausa.com



Repêchage
Essential Oil of Seaweed
 repechage.com



Dry Skin

Dry skin is characterized by chronic underproduction of sebum and can present itself as flakiness or cracked skin. Because vitamin E protects the lipid barrier by keeping lipids fresh and replenished in skin, this protection then aids in keeping the protective barrier intact. Vitamin E in an oil-based product that can close those cracks within lipids to repair the barrier in dry skin.

Dehydrated Skin

Dehydrated skin lacks water present within skin. Since vitamin E acts as both an emollient and humectant in moisturizers and serums, vitamin E boosts hydration levels as well as maintains that hydration by keeping it locked in.

Oily & Acne-Prone

Products that contain vitamin E are generally not recommended for skin that is oily or prone to acne. However, in some cases, vitamin E in a proper formulation can be beneficial in healing acne due to its anti-inflammatory capabilities. Another benefit that vitamin E may contribute to acne-prone skin is antioxidant properties that fight oxidative stress. Vitamin E may help slow down the oxidation of oil trapped in pores that turn into blackheads. It is important to be wise in product selection in these cases. Heavier creams or oils with vitamin E are not recommended because of

their potential to clog pores – instead opt for a lightweight or water-based serum.

Sensitive Skin

Those with very sensitive skin should be cautious when using vitamin E alone or in a product. Although it is not very common, vitamin E can behave as an allergen to sensitized skin, causing dermatitis-type reactions like irritation, itching, or even a rash. As always, when integrating a new ingredient or product, a patch test is advised.

Vitamin E is a potent antioxidant that is suitable for most skin types based on the formulation. It not only keeps skin healthy and protected from damaging free radicals, but it also has hydrating benefits, which makes vitamin E a powerhouse for antiaging and keeping skin radiant and youthful.



Lindsay Lange is a licensed aesthetician with 15 years of experience. Her passion in the aesthetics industry began with makeup artistry and expanded into skin care and full-body waxing. She specializes in antiaging and corrective treatments as well as Brazilian waxing. Lange's balanced approach of science and holistic based services has garnered client trust in and out of the treatment room.