

IS HYALURONIC ACID GOOD FOR SKIN?

The magical Hyaluronic Acid is considered the best your skin can get! The name “acid” scares many but Hyaluronic acid is safe and beneficial to use every day for maintaining skin hydration.



It benefits the skin in so many ways but before we get to that, you might wonder, what all skin types is it suitable for? The answer? **it works on ALL skin types!** It is totally safe and miracle substance.



There are so many surprising benefits of using it and can be used by anyone, from aging skin to young, from sensitive to acne-prone skin, it provides different benefits to ALL SKIN TEXTURES

In terms of science, the body naturally produces hyaluronic acid, which is a glycosaminoglycan, or a long chain of sugar molecules.

The extracellular matrix, the gel-like substance that fills the space between cells, contains it as a significant component.

Hyaluronic acid is crucial for maintaining the lubrication and moisture of tissues. High amounts of it can be found in the skin, the vitreous humour of the eye, and the fluid that lubricates joints.

Dermal fillers, like Juvederm and Restylane, which are used to address wrinkles and fine lines, also contain a significant amount of hyaluronic acid.

->**The Function of Hyaluronic Acid**

Hyaluronic acid functions by forming a gel-like material with water molecules to help keep the skin moisturised. It is a very potent moisturiser since it can store 1000 times its weight in water.

The benefits it provides for skin are:

- Your skin can feel and appear suppler with the aid of hyaluronic acid supplements.
- Supplemental hyaluronic acid can help hydrate skin more and make wrinkles and fine lines less noticeable. Injections can make skin look tighter, while topical treatments can reduce inflammation and irritation.
- Hyaluronic acid can hasten the healing process when applied directly to an

an open wound and helps the skin retain moisture.

- A person's psychosocial well-being may suffer when they endure skin changes. This can take place as people age. According to Trusted Source, hyaluronic acid can improve skin suppleness and lessen skin roughness.
- In cases with mild to moderate eczema, hyaluronic acid can assist to relieve the symptoms. Hyaluronic acid in a foam form was shown to be more enjoyable to apply and to treat eczema more effectively than an emulsion cream that contained ceramides, according to Recent Study.

Summary

Despite being a common element in beauty products, hyaluronic acid has a variety of uses that people may not be aware of.

Hyaluronic acid supplements and topical solutions can help people combat several indications of ageing and retain a young appearance. However, it can also aid in the treatment of various medical ailments, such as joint discomfort or dry vaginal lining.

Before taking supplements, people should speak with a health professional. They need to confirm that any supplier of injectable hyaluronic acid is authorised to do business by the relevant government regulators.