

Understand the benefits and use of vitamin C for skin care

Products containing vitamin C work to prevent aging and stimulate collagen production. However, not so that we abuse when we do not understand it well.

If you look at the labels of skin care products in cosmetic stores, you will find that many of them record vitamin C as one of the most practical and "miraculous" ingredients. In particular, products with large amounts of this vitamin are also considered an extremely effective anti-aging solution. However, before deciding to buy vitamin C for skin beauty, women should also study the benefits as well as some important precautions to avoid getting pity mistakes during use.

Benefits of vitamin C for the skin

Antioxidant

Thanks to its antioxidant properties, vitamin C can provide more protection against cell membrane oxidation due to exposure to environmental factors such as UV or pollution (calculated, UV rays have can cause skin damage up to 80% and the main cause is due to oxidation).

>> **Reference: Top foods rich in vitamin C**



Therefore, the use of specialized antioxidants for skin like vitamin C can help skin recover faster, while reducing the negative effects of oxidation such as premature aging (wrinkles, dark spots) , sagging .), skin disorders and skin cancer.

Stimulates collagen production

Collagen is a type of protein that can be found in many areas of the body. In skin, Collagen helps skin become firm and elastic like a glue that adheres to skin.

Oxidative stress or oxidative stress (Oxidative stress) may prevent collagen production. During metabolism and movement, cells in the body can produce some dangerous by-products called free radical molecules. It is these molecules that cause the cell to quickly be destroyed.



In order to prevent premature aging, promoting collagen production is essential. While this process may slow down under the effects of age and UV rays, it is possible to use products that contain a lot of vitamin C to prevent this phenomenon. According to many studies, vitamin C is thought to be very effective in stimulating collagen production and preventing signs of premature aging.

In addition to the above effects, the **benefits of vitamin C** include:

1. Enhance the hydration process.
2. Reduced pigmentation.
3. Enhance the effectiveness of sun protection.
4. Reduce inflammation.

Note when buying skin care products containing vitamin C

Skin care products based on vitamin C can exist in many forms, such as cream, lotion, serum or other forms. However, not all products are effective, some of which do not provide the necessary amount of vitamin C for the dermis beneath the skin. In addition, another common problem when using these products is that some do not

contain the ideal ingredients that are compatible with the skin, so vitamin C does not penetrate into the skin, leaving the skin unreserved thorough defense.



Here are a few tips to remember when buying vitamin C products to beautify skin for women.

1. Vitamin C is an unstable compound and when exposed to air, heat or light, it is oxidized. Ideally to prevent / reduce oxidation that is products based on vitamin C should be placed in a bottle with a pump button.
2. Other forms of vitamin C are only good at certain PH levels. For example, the form of vitamin C that is common in many skin care products is ascorbic acid only stable with very low PH (about 3.5). Therefore, it can cause skin irritation and redness. However, ascorbic acid is also known as the best form of vitamin C for the skin so this is an option that women should pay more attention to than buy liquid vitamin C products (such as skin conditioners).
3. Read carefully the information on the product label. Look for products that contain vitamin C concentrations of 0.3 to 20%. The higher the concentration, the higher the absorption capacity but the higher concentration of 20% can cause redness of the skin and reduced absorption. If the product you are using causes skin irritation, you should switch to another type with lower vitamin C%. Also, try applying it on your hands before applying it to your face.
4. Vitamin C is especially effective when combined with certain ingredients, such as vitamin E, to help protect the skin and reduce the effects of cell destruction processes more effectively than using single products. odd.

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