

BY JAYME OTTO

4 ingredients that fight wrinkles, age spots, and more

Antiaging skin care

What products do you trust to turn back the hands of time? Although the beauty-from-within trend continues to grow, a recent survey showed that most shoppers still opt for topical skin products to achieve healthy skin. Be wise beyond your years by choosing these four ingredients, which research shows help curb free radical damage and increase collagen production to keep skin healthy and vibrant.

Niacinamide (Vitamin B3)

Topical niacinamide fights acne and rosacea thanks to anti-inflammatory properties, and new research proves its antiaging prowess, too. A 2010 study in *Journal of Drugs in Dermatology* showed niacinamide increased dermal collagen production, resulting in noticeably firmer skin. Plus, it can reverse sun damage, according to another recent study published in the same journal that showed subjects had thicker skin after 12 weeks of applying a niacinamide derivative daily. “Thickening of any skin layer is important because the thinning of skin is typical of aging,” says D.J. Verret, MD, of Plano, Texas. The study also showed niacinamide can help increase the sloughing rate of dead, dull cells. ♦♦

Try: Marie Veronique Organics Anti-Wrinkle Serum



Find more antiaging ingredients
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Plant stem cells

Apple stem cells could be the next big antiaging breakthrough, say natural skin care experts. Plant stem cells, particularly from apples, may help maintain and repair tissue to keep skin looking young, according to proprietary research from a Swiss biochemistry lab, which showed that topically applying apple stem cells delays the aging process by triggering the skin's ability to regenerate cells. The same research demonstrated that apple stem cells reduce existing wrinkle depth by up to 15 percent.

Try: MyChelle Apple Brightening Serum and Fabulous Eye Cream

Red algae

Wrinkles and skin thinning aren't the only signs of aging. Over time, repeated sun exposure, hormonal changes, and injuries can cause skin to produce excess pigment, resulting in age spots and discoloration, says Jason Litner, MD, of Beverly Hills, California. Research from a French ingredient manufacturer suggests that one key to avoiding age-related complexion problems may be red algae extract, rich in natural sugars that help control skin pigmentation. The purple-red seaweed has been shown to slow the skin's melanin production, which can cause hyperpigmentation. This means a lighter, brighter, and more even skin tone, says Litner.

Try: Osea Red Algae Mask

Resveratrol

Found in the skin of red grapes, as well as in blueberries, raspberries, peanuts, dark chocolate, and cocoa, this potent antioxidant has greater topical free radical scavenging abilities than green tea, pomegranate, and coQ10, according to a recent study published in the *Journal of Cosmetic Dermatology*. When applied directly to skin, resveratrol helps diffuse free radicals, protecting against wrinkles, weathering, and discoloration. "It may just be the most powerful antidote to photoaging yet," says Verret. Resveratrol may also help skin cells increase collagen production, according to research.

Try: Juice Beauty Organic Facial Rejuvenating Mask 