



VITAMIN

for your

SKIN

An expert breaks down the benefits

BY KEIRA ALEXANDER
keira.alexander@amny.com

Vitamin C has been the darling of the skin care world for some time now, and with good reason. From smoothing fine lines to increasing sunscreen's effectiveness, the antioxidant's benefits have been touted by cosmetics devotees and skin specialists alike.

We quizzed Steven Q. Wang, MD, a New Jersey dermatologist and representative for The Skin Cancer Foundation, about the wonder substance.

"It's suitable for all skin types," Dr. Wang told us, explaining that the tingling sensation that some experience is often due to a product's low pH level — an essential factor for vitamin C's efficacy.

While Dr. Wang confirmed that vitamin C can indeed boost collagen production (warding off wrinkles) and even-out skin pigmentation with prolonged use, reaping its many benefits depends on the skin care product in question.

"There's all these little caveats that one has to think about . . . like pH, the



Drunk Elephant C-Firma Day Serum

With a pH of 3.3-3.5 and 15% L-ascorbic acid, this serum — which comes in an opaque pump container — ticks a lot of boxes. Added fruit extracts assist in smoothing skin's appearance.

\$80 for 30 ml at drunkelephant.com

type of vitamin C, even the packaging," Dr. Wang said.

Opt for dark packaging, as he suggested, as light breaks down vitamin C. Also, look for products with a pH level under 4 so the antioxidant effectively penetrates the skin. While ascorbic acid is the



The Ordinary 100% L-Ascorbic Acid Powder

A little home chemistry might be required for this product, which is designed to be added to skin care treatments for a bonus vitamin boost.

\$5.80 for 20 g at theordinary.com

strongest type of vitamin C, other types can be more stable, Dr. Wang said.

Be wary of how long that bottle has been sitting on your vanity, too. "If you're leaving the bottle for a long time it gets oxidized," Dr. Wang said.

When it comes to boosting sun protection, be sure to use vitamin C in conjunction with your daily SPF. "The problem is [sunscreen] is not going to block out *all* the UV rays," Dr. Wang explained. "At the end of the day, you're going to have free radical generations. . . . Theoretically [vitamin C] can neutralize the free radicals."

With a little research and



SkinCeuticals C E Ferulic serum

This powerful serum boasts 15% L-ascorbic acid, boosted by vitamin E and ferulic acid. Its low PH may take some time for sensitive skin types to adjust to.

\$165 for 30 ml at skinceuticals.com



Kiehl's Powerful-Strength Line-Reducing Concentrate

This best-seller recently received an updated increase of vitamin C, now containing 10.5% L-Ascorbic Acid and 2% Ascorbyl Glucoside. The water-free serum, which also includes Hyaluronic Acid, goes on smoothly and absorbs quickly.

\$81 for 75 ml at kiehls.com

careful label reading taking into account these factors, vitamin C can find a place in your beauty cabinet. We've rounded up some products based on those guidelines.

NEW SUNSCREENS WE LOVE

Shiseido Ultimate Sun Protection Lotion

WetForce SPF 50+ is a sunscreen lotion that not only blends in clear: water actually improves it effectiveness. **\$40 for 100ml at shiseido.com**



Supergoop! Unseen Sunscreen SPF 40

This clear, silky-smooth product not only protects from UV rays but also blue light from screens, which may cause hyperpigmentation. **\$32 for 50 ml at supergoop.com**



Avène Mineral Light Mattifying Sunscreen Lotion SPF 50+

Designed to control oil and keep your face sheen-free while providing 8 hours of moisturization. **\$28 for 50 ml at aveusa.com**



Everlane launches underwear

Ethical clothing company Everlane — known for its simple and stylish clothing, footwear and accessories — is making a move for your top drawer.

The brand favorite of celebs such as Meghan Markle has launched an underwear line, made from U.S.-grown Supima cotton. In addition to the women's line of four styles of undies, a bodysuit and a tank bra, a boxer brief caters to the men.

All items come in classic, understated colors and prices range \$12-\$30.

The collection is available now online and at the company's New York City store (everlane.com, 28 Prince St.)

(KEIRA ALEXANDER)



Everlane underwear