



# Are peptides good for your skin?

## Do peptides really work on skin?

Peptides are short chains of amino acids that act as building blocks of proteins such as collagen, elastin and keratin. Extensive scientific research has proven that peptides **can support your skin on multiple levels**, for example firming, soothing and hydrating the skin.

## Are peptides better than retinol?

They're both equally good for the skin and **one isn't better than the other**. "While retinol helps speed up skin cell turnover, peptides increase collagen, hyaluronic acid, and other key components of the skin. Both work through different mechanisms of action, which is what makes it such a mighty combination.

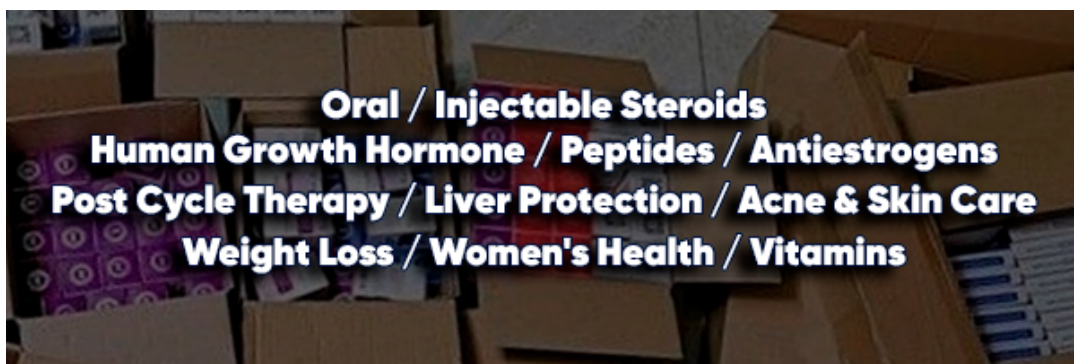
## Do I need peptides in my skincare?

"Peptides are strings of amino acids, which are the building blocks that make up proteins in our body, including collagen in the skin," explains Dr. "**We need peptides at all times**. If we are deficient in them, our body cannot function," says Dr.

## Do peptides actually work?

### Peptides Might Not Do Anything

Because they are break-down products of proteins, they have to be stabilized or they might continue to break down further in a topical cream, becoming useless. Also, they have to be in a cream that allows them to penetrate the skin.



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## Do peptides reduce wrinkles?

"Peptides are the building blocks of collagen and elastin fibers that are found in our skin," explains

cosmetic chemist Ron Robinson. They're short chains of amino acids, and can tell the body to produce even more collagen. **Peptides can help reduce the appearance of fine lines and wrinkles**—but that's not all.

## Can you mix peptides and vitamin C?

**Yes, you can use peptides and vitamin C together.** It is known that peptides are able to work in tandem with other popular ingredients, it's a simple case of choosing your ingredients wisely. This allows you to reap the rewards of peptides and vitamin C whilst avoiding any unwanted side effects and irritation.

## Which is better for anti aging retinol or peptides?

**Peptides** are great for sensitive skin or skin that is new to an anti-aging routine. They are less invasive than retinol, so you can use peptides alongside other skincare ingredients without having to worry that you might get some crazy result from trying to be your own cosmetic mixologist.

## Do peptides tighten skin?

Due to their ability to stimulate new collagen growth, **peptides in skin care products work to tighten skin.** GHK peptide functions as a complex with copper to tighten loose skin, improve elasticity, skin density and firmness.

## Can peptides be used with hyaluronic acid?

Peptides work well in tandem with other ingredients, including vitamin C, niacinamide (but don't use niacinamide and vitamin C together!), antioxidants, and hyaluronic acids. Using a peptide with an alpha hydroxy acid (AHA) will actually make the peptides work less efficiently. Look at the label.

## Can I use retinol and peptides together?

Both work through different mechanisms of action, which is what makes it such a mighty combination. You can either use these together in your nightly routine, or **use Peptides in the morning and Retinol in the evening.**

## Can you mix peptides and retinol?

Can you use peptides and retinol together? **Yes**, indeed you can, using peptides and retinol together is something that needs some careful time and consideration due to the high potency of these two ingredients.

## What Peptide Serum does Hailey Bieber use?

**Biba de Sousa Los Angeles Plant Stem Cell Serum with Peptides:** “I am going to use this really

hydrating peptide serum. I really, really love peptides for the skin. I think that it's one of the best ingredients to use. It's one of my favourite ingredients to use.

## Are peptides the same as retinol?

"While retinol helps speed up skin cell turnover, **peptides** increase collagen, hyaluronic acid, and other key components of the skin. Both work through different mechanisms of action, which is what makes it such a mighty combination.

## Which peptides are best for skin?

**Here are some of our favorite peptide-containing skincare picks:**

- Dermatologist-Recommended Peptide Serum. TNS Advanced+ Serum.
- Skin Tightening Peptide Moisturizer. Protini Polypeptide Cream.
- Peptide Serum with Copper Peptides. Buffet + Copper Peptides.
- Peptide + Collagen Moisturizer.

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