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Chebula: the hot new skincare ingredient

Anti-inflammatory, hyper-hydrating and wrinkle-smoothing — get to know this wonder antioxidant, says Chloe Street

So what is it?

Terminalia Chebula (also called chebolic myrobalan, birhara, harada or haritaki) is a tree-growing fruit native to South Asia whose fruit extract and dried berries have been used for centuries in ayurvedic medicine to treat everything from digestive issues to diseases and promote healthy vision and brain function. In India, Tibet and Nepal, the berry is informally known as the ‘King of Medicine’.



Before and after Derma MD®
Chebula serum use

Rich in luteic acid and gallic acids called chebulin, the ingredient is starting to make a name for itself in the cosmetics sector, under the name ‘Chebula’.

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It helps fight photo damage, pigmentation and melasma

Sheila Malmanis, founder of US skincare line **Derma MD®**, has added Chebula to four of her products in the last year after seeing the buzz about the ingredient on social media. Focused on pigmentation, the addition of Chebula has aided these products, she says, in protecting skin from free radicals and UV damage, “both of which induce more melanin production and cause further pigmentation.”

“In my professional opinion there has not been a specific antioxidant that can do all that Chebula has been found to do,” says Malmanis. “Using this ingredient alone on a daily basis will amaze you after only a few uses. It works to even skin tone, reduce roughness, reduce lines and wrinkles and improve moisture retention. If you have pigmentation or melasma issues then you will see significant results within weeks.”



This moisturizer contains cranberry seed oil, milk thistle extract, meadowfoam seed oil and red raspberry seed oil to hydrate and soften the skin and Chebula to fight free radicals that cause ageing and dark spots, while 25 per cent zinc oxide provides broad spectrum sun protection.

A Chebula Product to try: **Derma MD® Skincare SPF 30 Chebula Moisturiser**

