

NUDIE GLOW

Skin Care Acids

P.S. They're not that scary!

A Mini Guide



THE ABCs OF SKIN CARE ACIDS

Using acids may sound scary at first, but they actually do wonders for your skin! Here, we have rounded up some of the best skin care acids you should be using:

1. ALPHA HYDROXY ACIDS (AHA)

AHAs (e.g. glycolic, lactic, malic, tartaric, and mandelic acid) are generally used to exfoliate the skin and give a smoother, brighter skin tone and texture.



2. AMINO ACIDS

Amino acids (e.g. proline, leucine, arginine, and serine) are gentle, water-binding agents that can give you smoother, more supple, and hydrated skin.

3. ASCORBIC ACID

Ascorbic acid (another name for vitamin C) is an anti-ageing superstar known for its antioxidant properties. Continuous usage will give you brighter, younger and healthier skin.



4. BETA HYDROXY ACID (BHA)

Salicylic acid is the only BHA. This acid is highly effective at exfoliating the skin, treating acne and pore problems, and alleviating bumps and clogs,



5. FATTY ACIDS

Fatty acids (e.g. oleic, linoleic, palmitic) are essential nutrients for the skin. You'll see a noticeable increase in your skin's hydration, softness, and resilience to external stressors over time.



6. HYALURONIC ACID

Other than soothing the skin, hyaluronic acid is also capable of holding up to 1,000 times its own weight in water, making it a great hydrator for all skin types.



7. POLYHYDROXY ACIDS (PHA)

PHA molecules are much larger, making them gentler than your average acid. They help to lightly exfoliate the skin, prevent breakouts, while calming any irritation.



8. RETINOIC ACID

Retinoic acid helps diminish the look of fine lines and wrinkles, improve uneven skin tone and texture, while bringing your skin to a more youthful, healthier state.



NUDIE GLOW

Visit *Nudie Blog* for more
skincare tips and tricks!



@nudieglow



@nudieglow



hello@nudieglow.com

