

SPOTLYTE

8 Antioxidants That Skin Experts Say You Should Have In Your Regimen



With what seems like an ever-changing roster of buzzwords, packaging on skincare has started to read more like a mixologist's cocktail than an ingredient list. But there's one power player in particular that's been hard to ignore, as it's been a constant staple in many formulations for years: the antioxidant.



The antioxidant: Date Fruit

Why your skin loves it: "Dates have been nourishing the people of the desert for centuries, but this extract is also a powerful antioxidant," says Dr. Hamdan. It also is said to help stimulate collagen production, meaning the iconic fruit works double duty for your skin.

The product pick: Shiffa® White Tea Moisturizer (\$142) was formulated by Dr. Hamdan herself, and is packed with a bevy of antioxidants including date essence, white tea, hyssop, and resveratrol.