



WHAT'S IMPORTANT FOR YOUR SKIN: VITAMIN A OR C?

Do you ever wonder which vitamins are important when you buy skin lotions or creams? Dr Maureen Allen, a skin care expert, founder and medical director of national group Skin, Body and Health Renewal and Oasis Spas, says that both these vitamins are very important. Vitamin A increases the quality and texture of your skin, fights anti-ageing effects and minimises the appearances of wrinkles. It also treats sun damage and gives the skin a more youthful appearance. Vitamin C protects your skin from the damaging effects of free radicals such as stress, sun exposure, pollution, toxins, and poor diet and lifestyle habits such as smoking. Dr Allen recommends that you use vitamin A at night and vitamin C in the morning. For more info, visit Beautysouthafrica.com.

