

Which is more important for your skin – vitamin A or C?



Dr Maureen Allem from Skin & Body Renewal responds:

“Both vitamin A and vitamin C have numerous beneficial effects on the skin and they can definitely be used together. Vitamin A (topical retinoids and dietary supplementation) improves the quality and texture of skin and is commonly used for its anti-ageing effects. Vitamin A helps to minimise fine wrinkles, improves elasticity of skin, increases collagen synthesis, treats sun damage and gives the skin a more youthful appearance. Vitamin A can also be used to treat certain skin conditions such as acne, rosacea, keratosis and more.

To read the full article visit: [Vitamin A or C?](#)