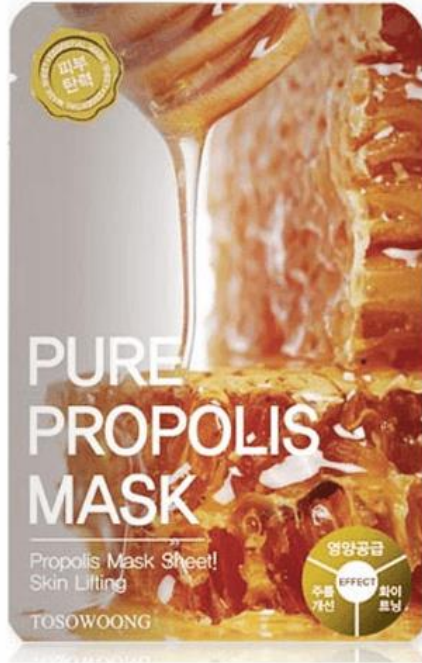


50 Common Asian Skincare Ingredients

**Products shown are examples, not
recommendations*

Adenosine



Extracted from yeast. Anti-inflammatory (soothing) and helps boost collagen and elastin (anti-aging)

AHA (Glycolic Acid)



From cane sugar. The smallest type of AHA, making it very effective for fine lines, removing dead skin, acne, and oiliness. Can be harsh, so best for oily skin or experienced chemical exfoliation users. Increases sensitivity to the sun.

AHA (Lactic Acid)



The medium size/strength version of AHA, between glycolic and mandelic acids. Also effective for fine lines, removing dead skin, acne, and oiliness. Good for most skin types, but avoid if allergic to dairy. Increases sensitivity to the sun.

AHA (Mandelic Acid)



Made from almonds. The largest size/weakest strength version of AHA. Still effective for fine lines, removing dead skin, acne, and oiliness. Best for sensitive skin. Avoid if allergic to nuts.

Increases sensitivity to the sun.

Alcohol



There are several different kinds, with varying levels of harshness. The gentler cetyl, stearyl, and cetearyl alcohols tend to just improve texture and stabilize formulas. Alcohol high in the ingredients list is usually mattifying for oily skin. Sensitive skin should use with caution.

Algae



Includes seaweed. Anti-inflammatory and antioxidant. Good for dehydration and irritation.

Aloe Vera



Increases hydration, but especially known for soothing skin, including sunburns, razor burn, and wounds. Good for dehydration and irritation.

Arbutin



A safer cousin of hydroquinone. Inhibits melanin production, making it good for skin brightening. Helps treat PIH, PIE, and hyperpigmentation.

Astaxanthin



Antioxidant in some marine plants and animals. Fades discoloration, smooths fine lines, attracts moisture, and is photo-protective. Good for sun damage (sun spots), wrinkles, and dry skin.

Azelaic Acid



Fades discoloration (except sun spots) by inhibiting tyrosinase. Also has antibacterial and anti-inflammatory properties, and may prevent acne. Good for PIE/PIH, Melasma, Rosacea, and acne.

Bee Venom



Triggers skin repair and collagen production. Also has antibacterial properties. Good for aging skin and acne. Avoid if you have a bee allergy.

Benzoyl Peroxide



Antiseptic, good for acne. Best for oily skin, and use with caution as it can be drying.

Beta Glucan



Sugars from the cell walls of cereals (such as oats), bacteria, and fungi with anti-inflammatory effects. Good for redness and skin irritation.

BHA (Salicylic Acid)



The most common kind of BHA. Oil-soluble active that can penetrate and clear out pores. Recommended for oily skin, and good for acne. Use with caution as it can be drying. Do not use with an aspirin allergy.

BHA (Betaine Salicylate)



A slightly more gentle version of Salicylic Acid. Oil-soluble active that can penetrate and clear out pores. Suitable for most skin types, and good for acne. Use with caution as it can be mildly drying, and may affect those with an aspirin allergy.

Centella



An herbaceous plant native to the Asian wetlands. Its major effect is soothing, making it good for irritation, redness, and possibly acne.

Ceramides



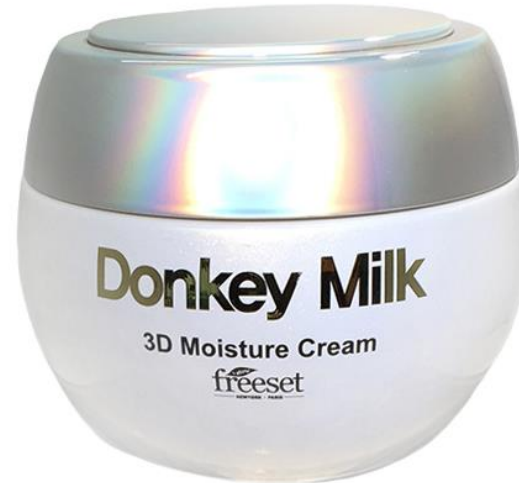
Waxy fats that boost your skin barrier. Good for dry skin and those with a damaged skin barrier due to sun exposure, over-exfoliation, etc.

Collagen



The main structural protein found in skin. Improves skin strength and elasticity. Good for aging skin.

Donkey Milk



Contains several vitamins and milk fats. Good for dry and dehydrated skin. Cow, goat, and other milks have essentially the same effects. Theoretically those who are lactose intolerant (NOT allergic) should be fine, but always exercise caution

Egg White



Contains Collagen and Protein. Tightens skin, which can temporarily reduce the appearance of fine lines and pores. Can help draw out oil and degunk pores. Good for aging and oily skin.

Fermented Rice/ Sake



AKA Rice Ferment Filtrate. Contains kojic acid, and thus has the same effect. Fights discoloration by inhibiting tyrosinase, which reduces melanin synthesis. Can brighten. Good for PIE/PIH, uneven skin tone, and dull skin.

Fermented Soy or Natto



Fades and prevents discoloration from the sun (sun spots). May slow collagen breakdown, promote collagen and hyaluronic acid synthesis, and act as antioxidants. Good for aging skin and uneven skin tone.

Ginseng



An expensive root plant grown in North America and East Asia. A traditional ingredient that helps improve collagen production, reducing wrinkles. It may also heal skin, reduce discoloration, and act as an antioxidant. Good for aging, dry, or uneven skin.

Glycerin



Attracts and retains water, making it a popular humectant. Good for dehydration.

Green Tea



AKA Matcha. Mainly known as an anti-inflammatory and antioxidant. Can also reduce production of oil and smooth skin Good for redness, rough skin, and oiliness.

Honey



A moisturizing ingredient with antibacterial and anti-inflammatory properties. Good for dry skin, irritation, and acne.

Horse Oil



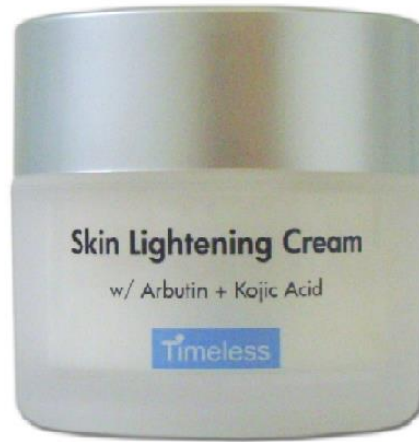
Derived from horse fat, and contains more linolenic acid and less palmitic acid and stearic acid content than oils derived from sheep or cows, making it both more similar to human sebum and very moisturizing. Might reduce UVB injury, and have anti-bacterial and anti-inflammatory effects. Primarily good for moisturizing, may help with sun damage, irritation, and acne.

Hyaluronic Acid/ Sodium Hyaluronate



A substance naturally present in the human body, especially in fluids in the eyes and joints. Primarily a strong humectant, and it attracts water. May also promote healing and improve skin structure. Good for dehydration and irritation.

Kojic Acid



Produced by several kinds of algae. Fights discoloration by inhibiting tyrosinase, which reduces melanin synthesis. Can brighten. Good for PIE/PIH, uneven skin tone, and dull skin.

Licorice



Mainly used for reducing discoloration, and brightening and evening skin tone. Also may be antibacterial, antioxidant, and anti-inflammatory. Good for PIE/PIH, acne, and redness.

Lycopene



Carotenoid pigment that gives tomatoes, pink grapefruit, and some other fruits and vegetables their red color. A powerful antioxidant, and also may smooth skin and provide some sun protection. Good for rough skin and preventing sun damage.

Niacinamide



Also known as Vitamin B3 and Nicotinamide. Fades discoloration, brightens, and evens skin tone. Encourages collagen and ceramide synthesis to reduce wrinkles and improve skin elasticity and moisture. Good for PIE/PIH, melasma, sun damage, dryness, and aging skin.

Peptides



Natural biological or artificially manufactured short chains of amino acid monomers linked by peptide bonds. Helps encourage skin regeneration, making it good for aging skin.

PHA (Poly Hydroxic Acids)



Includes **lactobionic acid** (antioxidant, soothing, hydrating) and **gluconolactone** (antioxidant, anti-inflammatory). Works very similarly to AHAs, but without increased sensitivity to the sun. Larger molecule size, so potentially less effective, but more gentle. Good for fine lines and removing dead skin from sensitive skin, even with rosacea and atopic dermatitis.

Propolis



AKA “bee glue”, a mixture of bee saliva, wax, and plant secretions meant to seal beehives. A moisturizer (emollient) similar to honey, it is antibacterial and anti-inflammatory. Good for dry skin and acne.

Retinoids/ Tretinoin



Includes popular Tretinoin and Retinol. They work as cell-communicators: helping you shed dead skin (similar to AHAs), and improving how new skin cells divide and function. (prevents premature aging and stimulates collagen). Good for aging skin, hyperpigmentation, and acne. Use with caution as it more irritating than the other actives.

Rice Extract



Also related to rice bran oil and rice bran extract. Hydrates, moisturizes, improves elasticity, and contains antioxidants. Good for dry, dehydrated and aging skin.

Rose



Rose extract has hydrating properties and provides a calming and astringent effect. Good for aging, dehydrated, or irritated skin and acne. Rosehip seed contains Vitamins A, B3, C, D and E, as well as essential fatty acids, and can aid with tissue regeneration and combating sun damage. Good for aging skin.

Royal Jelly



A bee secretion used to nourish queens and larvae. Potent emollient and humectant, and contains many essential amino acids. Also has antibiotic and fungicidal properties. Good for dryness, dehydration, aging, and acne.

Snail



AKA Snail Secretion Filtrate or Snail Mucin. Protects a snail's foot as it glides, and has similar protective qualities for humans. Moisturizing and hydrating, and repairs damaged skin. May stimulate the formation of collagen and elastin, and fade hyperpigmentation and acne scars. Good for dry, dehydrated, aging, and damaged or wounded skin. Caution if you have dust mite allergies.

Starfish



Depending on the species of starfish, may reduce the activity of tyrosinase, inhibiting melanin production. Also may promote wound healing, skin regeneration, and collagen production. Emollient and humectant. Good for aging skin, dryness, dehydration, skin damage, and hyperpigmentation.

Syn-ake



Synthetic snake venom. Marketed as an alternative to botox, and reduces muscular contractions in the face and cell movement; keeping the skin's appearance smooth. Good for aging skin.

Tea Tree Oil



A powerful antiseptic with antioxidant, anti-inflammatory, and antimicrobial properties. Good for acne and oily skin. Use with caution, can be harsh.

Tranexamic Acid



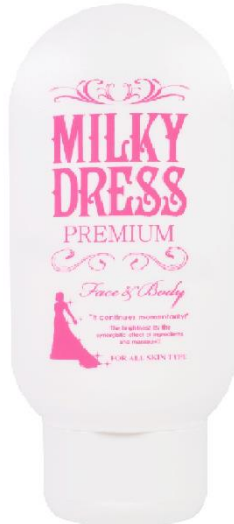
A synthetic derivative of lysine. Originally an oral medication to prevent major blood loss. When ingested or (preferably) used topically in low doses, inhibiting tyrosinase and reducing production of melanin. Good for hyperpigmentation, particularly Melasma. May help Rosacea when combined with Niacinamide.

Vitamin C (Ascorbic Acid/L-AA)



The most popular and effective derivative of Vitamin C in terms of stimulating collagen production, evening skin tone/reducing hyperpigmentation, and sun protection. Usually not stable as a liquid, requiring storage in a dark fridge. Good for aging or uneven skin, hyperpigmentation, brightening, and added sun protection. Caution: low-pH is too harsh for some people.

Vitamin C(MAP, Magnesium Ascorbyl Phosphate)



Similar to L-AA, as it hydrolyzes to AA in the skin. It's shelf stable (no fridge needed) and no wait times. Effective at lower concentrations than L-AA, and is better for those with sensitive skin. The best Vit C derivative for brightening. Good for sensitive aging or uneven skin, hyperpigmentation, brightening, and added sun protection.

Vitamin C(SAP, Sodium Ascorbyl Phosphate)



Similar to MAP in that SAP is shelf stable and good for sensitive skin. SAP will also convert to ascorbic acid on your skin, but is not as effective in collagen synthesis or protecting against sun damage as L-AA or MAP. Helps with acne and can be used with salicylic acid. Good for sensitive aging or uneven skin, hyperpigmentation, acne, and mild sun protection.

Vitamin C (AP, Ascorbyl Palmitate)



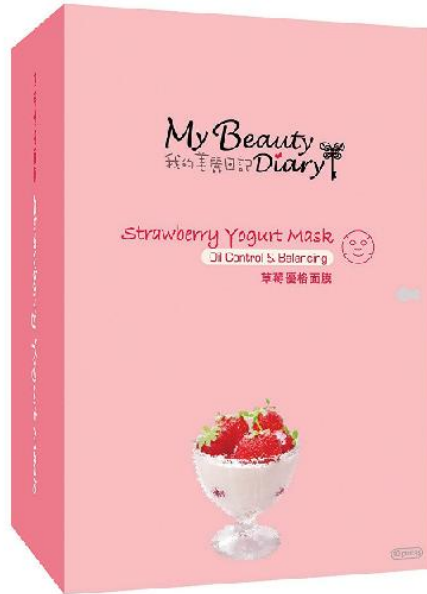
A fat-soluble derivative of Vit C. Best to use in liquid and avoid creams, as they may sit on top instead of absorbing. Less effective than other derivatives, but absorbs into cell membranes, so doesn't leave the skin as quickly as others. Best to use in tandem with another kind of Vitamin C.

Yeast/Yeast Ferment Filtrate



Usually saccharomyces and galactomyces. Contains Beta-Glucan, and so has the same effects. Antioxidant, anti-inflammatory, and smoothing. Fermentation breaks ingredients down and makes them more concentrated and easily absorbed, so these are usually in First Treatment Essences that help other products work better. Good for dullness, uneven skin, irritation, and redness.

Yogurt



Contains lactic acid, giving it mildly the same effects, such as reduction of fine lines, removing dead skin, and reducing acne and oiliness. Avoid if allergic to dairy.