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# THE BIG QUENCH

Discover why hyaluronic acid is one of the most effective ingredients for drenching the skin with hydration. **BY HEATHER MIKESSELL**

**WHEN IT COMES TO ACHIEVING PLUMP AND DEWY SKIN,** hyaluronic acid (HA) has long been a go-to ingredient in helping the skin to retain water. A key molecule in skin aging, it works to repair tissue, promote and moderate inflammation, and improve wound repair. “Hyaluronic acid is one of the most important components in our cellular makeup,” says Shannon Esau, CEO and national educator of Rhonda Allison Cosmeceuticals. “It’s found in the skin, cartilage, and clear protective gel in our eyes, and it’s absolutely essential to our skin’s ability to retain water and carry waste away from our cells.” According to Deb Uhrberg, president of Scandic Beauty, HA can hold up to 1,000 times its weight in moisture. This certainly makes it the ultimate hydrator. Dermal fillers, such as Juvederm, Restylane, and Radiesse, also rely on HA to plump up fine lines and fill in areas revealing a loss of volume. Also appealing to many is the fact that it’s naturally produced by

the body. Unfortunately, as Uhrberg points out, aging, pollution, and UV radiation can all diminish the amounts available. As a result, it’s often necessary to replenish with a topical formula. “Although healthy, normal skin has relatively high concentrations of HA in the basal layer of the epidermis, the production of it can be affected by age and various environmental elements,” says Esau. “Take, for example, UV exposure. As UV damage occurs, production of hyaluronic acid in the cells of the dermis slows, decreasing the skin’s ability to prevent trans-epidermal water loss, which leaves skin dry and depleted.” Here, we give you the low-down on all you need to know about this popular hydrator. ●

## *bountiful* BENEFITS

Found in moisturizers, serums, sheet masks, and injectables, hyaluronic acid is a key component of any healthy skin regimen. We asked some industry experts to share what makes the ingredient so beneficial to the skin.

“HA increases collagen synthesis for normal skin function and is critical to the structural integrity of the dermal collagen matrix. However, because hyaluronic’s water-binding molecule has such a short life span—we’re talking one to three days—it requires constant replenishing topically and through foods like leafy greens, almonds, bone broth, avocados, and peppers.”—*Shannon Esau, CEO & national educator, Rhonda Allison Cosmeceuticals*

“HA provides numerous benefits for the skin and body, but because it can retain moisture so well, it can help the skin stay hydrated and protected. With this, the skin’s barrier function will be more resilient, and the skin will look plumper, so lines and wrinkles will appear softer.”—*Ashley Stowers, national educator & account executive, CelleCle Skincare*

“Because of its amazing hydrating benefits, it can reduce wrinkles, redness, and dermatitis.”—*Deb Uhrberg, president, Scandic Beauty*

“The benefits of HA in cosmetic products depend on its molecular weight. High molecular weight HA, with bigger molecules, will remain

on the skin’s surface. It will form a hydrated film due to its important hygroscopic properties, which means it captures and traps moisture. This film will help compensate for any potential water loss. Finally, this non-occlusive film will also have tightening properties and protect against some external aggression. Low molecular weight HA, with smaller molecules, can penetrate deeper in the epidermis, where it will bring interesting results. It accelerates cell renewal, stimulates the synthesis of collagen, which makes it interesting in anti-aging products, as it can contribute to skin repair and the reduction of wrinkles.”—*Laure Bouscharain, head of research & development, Biologique Recherche* ●

# A Clear CHOICE

Hydrate clients' skin with hyaluronic acid products to help them achieve more radiant and healthier skin. **BY NICOLE ALTAVILLA**

**1. Seconde Peau**

**BIOLOGIQUE RECHERCHE**  
www.biologique-recherche.com



**2. DetoxyGlow Brightening Hydration Essence**

**CELLECLÉ SKINCARE**  
www.cellecleskincare.com



**3. Moisture Surge Hyaluronic Acid Gel**

**EPICUREN DISCOVERY**  
www.epicuren.com



**4. Mésoforce Hyaluronic Acid Vitamin Mask**

**VIE COLLECTION**  
www.viecollection.com



**5. Renewing Glycocides Cream**

**PEVONIA**  
www.pevoniapro.com



**6. BeautyPrep Hyaluronic Serum**

**JANE IREDALE**  
www.janeiredale.com



**7. Hyaluronic Serum**

**RHONDA ALLISON**  
www.rhondaallison.com



**8. Ageless Total Pure Hyaluronic Filler**

**IMAGE SKINCARE**  
www.imageskincare.com



**9. Hydrogel Radiant Glow Facial Mask**

**BODY DRENCH**  
www.bodydrench.com



**10. 932 Lips and Mouth**

**FILLERINA**  
www.fillerinausa.com

