

## Best Vitamin C Serums: Wrinkle-Busting Skincare

Your face will definitely thank you

You may be used to popping Vitamin C as a supplement to fight an oncoming cold, but it's also being hyped as a wonder ingredient in skincare.

Vitamin C is renowned for protecting skin from UVA and UVB damage and for improving the appearance of sun-damaged skin by reducing hyperpigmentation. Vitamin C is also anti-ageing as it boosts the body's production of collagen to fight wrinkles and firm-up skin.

Finally, the wonder ingredient reduces inflammation and brightens skin. Dermatologist Dr Gach says "Vitamin C peels the superficial layers of the epidermis giving a fresher and brighter look to the skin as well as strengthens the collagen fibers." And if you need any more convincing, Adriana Lima, Halle Berry and Suki Waterhouse are fans.

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### Skinceuticals: Resveratrol B E



Sometimes it's best to sleep on it. This night serum combines Vitamin C with Resveratrol, a compound that is meant to do wonders for anti-ageing. It counters ageing that arises from pigmentation problems, chiefly uneven texture and dullness in the skin. Dr. Paul Jarrod Frank, a cosmetic dermatologist, recommends Reseveratrol B E as "Resveratrol is the strongest natural antioxidant that reduces [uneven] pigmentation and protects the skin from further free radical damage".

£120.00 for 30ml from [My Derma Center](#).