

busting the myth: does topical collagen boost skin's natural collagen production?



In the ever-changing world of skin care trends, collagen serums and creams have become a hot topic. At Dermalogica, we're dedicated to debunking skin care myths with science-backed insights. So today, let's dive into the collagen conundrum: Can topically applied collagen actually enhance your skin's natural collagen reserves?

First, it's important to understand the structure of collagen: collagen molecules, by their very nature, are large. They're so large, in fact, that they can't effectively penetrate the skin's outer layer, the epidermis. This means that while collagen creams can offer other benefits (namely, surface hydration or a temporary plumping effect), they are unable to effectively reach within the dermal layers to stimulate the skin's own collagen synthesis.

True skin health comes from supporting the skin's natural processes with ingredients that can get where skin needs them. Rather than banking on topical collagen to help keep skin looking healthy, turn to ingredients known to support skin's collagen – like amino acids or peptides.

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