

HYALURON — THE MIRACLE WEAPON

Dr. Claudia Gschnitzer, specialist in plastic, cosmetic and reconstructive surgery, explains how wrinkles can be smoothed out



How can I support my skin?

Essentially, the skin can be supported through a range of measures: in addition to healthy nutrition and taking in plenty of fluids, an individually tailored skin care routine based on antioxidative topical cosmetics containing hyaluronic acid is very important. Light protection products containing a high sun protection factor of 50 should also be used to combat ageing of the skin.

Hyaluron as an active ingredient – could you give us a brief explanation?

Hyaluronic acid consists of lots of sugar molecule chains (glycosaminoglycans) which store moisture. Hyaluronic acid can save up to 1000x its own weight in water. Hyaluronic acid is responsible for the moisture content and elasticity of the skin. It is the primary component of the so-called extracellular matrix, a highly developed structure which contains elastin and collagen fibres.

Is hyaluron really a miracle weapon against wrinkles?

Hyaluronic acid can certainly be described as a miracle weapon against wrinkles. I explain it to my patients as follows: hyaluronic acid is not just a filler which can be injected or applied topically; it is a substance which stimulates regeneration at various levels of the skin. The application of hyaluronic acid triggers lots of chemical processes which fuel the rejuvenation of the skin.

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