The Benefits of a Vitamin C Serum

Considered to be one of the most powerful and effective antioxidants, vitamin C provides advanced environmental protection and visible anti-ageing benefits such as reduction in the appearance of fine lines, wrinkles, and discoloration. Thinking of adding it into your routine? Here's everything you need to know.

18 Jun 2024



What is a Vitamin C serum?

Vitamin C (L-ascorbic acid) is one of the skincare world's star ingredients, loved by dermatologists and skin experts alike for its powerful antioxidant power. A serum is one of the most popular ways to add Vitamin C topically to the skin. The small molecular size of a serum also allows for the active ingredient to be delivered and absorbed quickly into the epidermis.

What are the benefits of a vitamin c serum?

Vitamin C - otherwise known as L-ascorbic acid - is a topical antioxidant that has many benefits for all skin types. Not only does it improve visible signs of ageing, such as the appearance of dark spots and fine lines, but it brightens and brings a more luminous appearance to the complexion.

Protects against environmental damage

Vitamin C's antioxidant properties help to neutralise free radicals in the environment and protect the skin against excessive oxidative stress. Without adding antioxidant protection topically, oxidative stress can damage the skin over time and accelerate ageing signs. This can be especially prominent if you live in an urban environment where pollution and smoke levels are high.

Brightens the complexion

One of vitamin C's most revered benefits is the way it can help brighten the overall complexion and bring a beautiful even glow to the skin. It does this by impeding excess melanin production which, in turn, helps to fade the appearance of discolouration and dark spots.

Suitable for all skin types

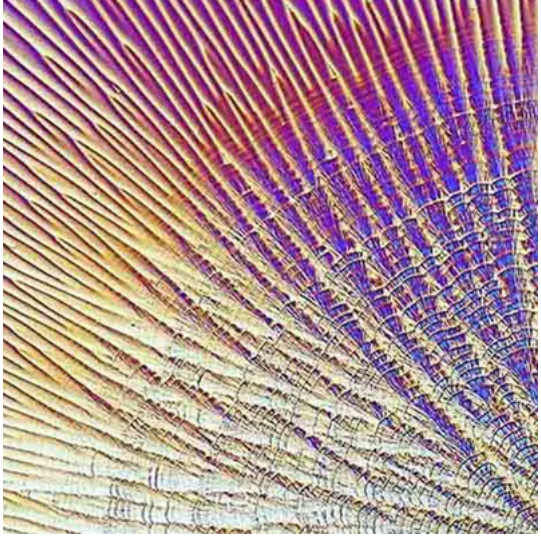
The skincare ingredient Vitamin C is suitable for all skin types and can benefit everyone which is why it's so popular. It also blends well with other ingredients such as vitamin E, ferulic acid, and salicylic acid. It's important to note that not all vitamin C serums are formulated for every skin type. However, SkinCeuticals has different vitamin C serums for different skin types and concerns. Read on to discover which is suitable for your skin.

Prevents premature ageing signs

Vitamin C can help reduce the visible signs of ageing impacted by collagen decline. It can also help to bring a firmer tone to the complexion.

Who should use a Vitamin C serum?

A Vitamin C serum can benefit most people due to its versatility. It is particularly beneficial for those who have concerns around dullness, uneven tone or signs of ageing such as the appearance of fine lines or wrinkles. Moreover, vitamin C serums help to protect against environmental aggressors, such as UV and pollution, which you encounter day-to-day. However, always ensure to always check the serum you are using is suitable for your skin type and concerns.



Is Vitamin C serum suitable for my skin type?

Dry

Vitamin C is ideal for drier skin types especially when it's formulated with other antioxidants such as vitamin E. It's also shown to improve hydration in the skin and prevent transepidermal water loss by maintaining a strong skin barrier.

Oily and combination

Oily and combination skin types can also benefit from the hydrating qualities of vitamin C. This is because when the skin becomes too dry, the sebaceous glands produce more oil than is needed, making oily skin conditions worse. Vitamin C also pairs well with ingredients like salicylic acid that can help with the appearance of blemishes.

Sensitive

Vitamin C is well tolerated by all skin types including sensitive. It can, however, depend on the potency of the l-ascorbic acid and the other ingredients it's formulated with. It's recommended that you do a patch test on sensitive skin before using a vitamin C serum to ensure it is suitable for you.

Why should Vitamin C be included in my skincare routine?

Vitamin C isn't naturally produced by the body, so a serum is the most effective ways of introducing it into your daily skincare regime – especially when used alongside broad-spectrum sun protection.

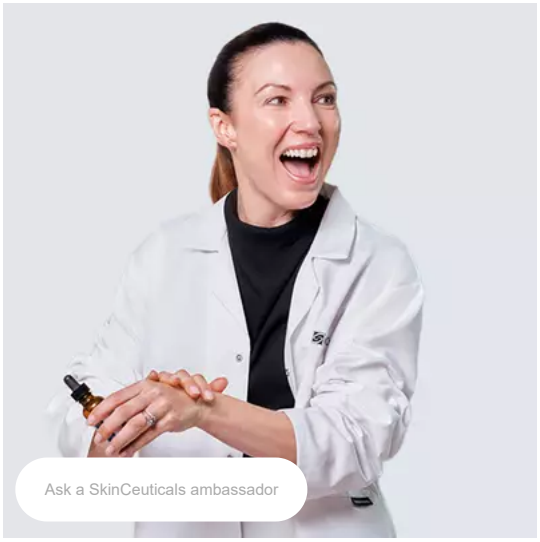
When should you use a Vitamin C serum?

The best time to apply a Vitamin C serum is in the morning. This is due to the environmental protection it provides the skin as you go about your day, when UV radiation is at its highest.

How can you add a Vitamin C serum to your routine?

SkinCeuticals Vitamin C Antioxidant Serums are backed by 30+ years of antioxidant research and demonstrated efficacy in independent, in-vivo (live skin) clinical studies, to deliver advanced environmental protection and targeted visible results.

Vitamin C can benefit everyone and make an effective addition to all skin types – it's just a case of finding the right formula for you. Click on one of our Vitamin C Serums below to discover more about our clinically proven formulas.



Dermatologist Recommended

"When it comes to antioxidants, SkinCeuticals is the only brand that I recommend".

- Dr. Emma Craythorne, Consultant Dermatologist

1. C E FERULIC



C E Ferulic is a powerful triple antioxidant vitamin C serum enriched with 15% pure vitamin C (L-ascorbic acid), 1% vitamin E (alpha tocopherol), and 0.5% ferulic acid.

SKIN TYPE: Normal, Dry, Combination

SKIN CONCERN: Fine lines, Wrinkles, Loss of Firmness

KEY BENEFITS:

- Delivers up to 8x environmental protection
- Improves the appearance of fine lines, wrinkles and loss of firmness

2. SILYMARIN



Silymarin CF is a powerful vitamin C triple antioxidant serum enriched with 15% L-ascorbic acid (pure vitamin C antioxidant), 0.5% Ferulic acid, plant-based antioxidant and 0.5% Salicylic acid (Beta hydroxy acid). Read more about our best serum for oily skin here.

SKIN TYPE: Normal, Oily, Combination

SKIN CONCERN: Oiliness, Blemishes, Rough Texture

KEY BENEFITS:

- Proven to reduce oil oxidation
- Reduces excess sebum/oil

3. PHLORETIN



Phloretin CF is a powerful triple antioxidant vitamin C serum enriched with 2% Phloretin, 10% pure vitamin C (L-ascorbic Acid), and 0.5% Ferulic Acid. This topical ferulic acid serum provides advanced protection against environmental damage and neutralises free radicals. Phloretin CF helps to diminish the appearance of hyperpigmentation and improves skin tone, for a brighter looking complexion.

SKIN TYPE: Normal, Oily, Combination

SKIN CONCERN: Discolouration, Uneven Tone

KEY BENEFITS:

- Delivers up to 8x environmental protection
- Helps to diminish the appearance of hyperpigmentation and improves skin tone, for a brighter looking complexion

4. SERUM 10

Serum 10 as with our other vitamin C formulations, helps to reinf

Ask a SkinCeuticals ambassador



protection against free radicals, whilst helping to reduce the appearance of premature signs of skin ageing. This promotes a radiant, healthier-looking complexion. However, this serum is ideal for sensitive skin types or new users of vitamin C serums.

SKIN TYPE: All skin types, including sensitive

SKIN CONCERN: Sensitivity

KEY BENEFITS:

- Combines 10% L-ascorbic acid (vitamin C) with ferulic acid
- Suitable for all skin types, including sensitive

Take our short Vitamin C Serum quiz, to quickly discover the vitamin C antioxidant serum for your unique skin concerns. Or, speak with an expert over a free, online 1:1 consultation, to receive a personalised antioxidant recommendation. Moreover, after your appointment enjoy 15% off when you spend £150!*

Shop vitamin C antioxidant serums at SkinCeuticals.co.uk

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AWARD WINNER



C E Ferulic For Visible Signs of Ageing

Vitamin C Antioxidant Serum For Normal & Dry Skin Types

(1307)

939 of 1307 reviewers received a sample product or took part in a promotion

One size

30ml

£169.00

ADD TO BASKET

(£5,633.33/L.)

AWARD WINNER



Silymarin CF Serum For Blemish Prone Skin

Vitamin C Antioxidant Serum For Normal & Oily Skin Types

(661)

588 of 661 reviewers received a sample product or took part in a promotion

One size

30ml

£169.00

ADD TO BASKET

(£5,633.33/L.)

AWARD WINNER



Phloretin CF Serum For Discolouration

Vitamin C Serum For Normal & Oily Skin Types

(359)

327 of 359 reviewers received a sample product or took part in a promotion

One size

30ml

£169.00

ADD TO BASKET

(£5,633.33/L.)

AWARD WINNER



Serum 10: Vitamin C 30ml for Dull, Sensitised Skin

A fast-absorbing vitamin C combination antioxidant serum that help protect skin from free radicals an…

(74)

70 of 74 reviewers received a sample product or took part in a promotion

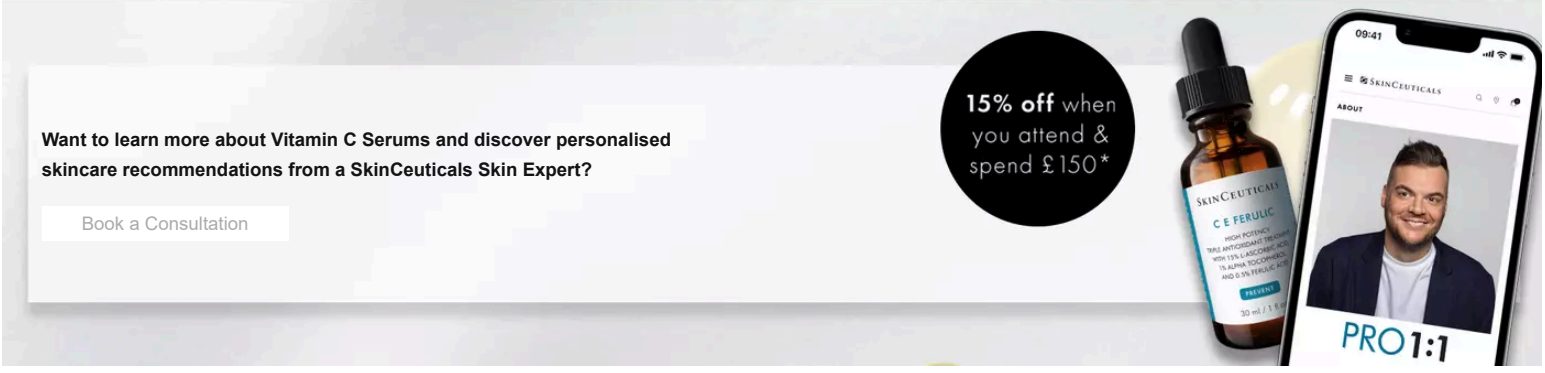
One size

30ml

£105.00

ADD TO BASKET

(£3,500.00/L.)



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SKINCEUTICALS

Our mission is to improve skin health. Dedicated to this purpose, we make one simple promise - to provide advanced professional skincare backed by science.

Born from decades of skin cancer research that led to pivotal breakthroughs in antioxidants, our high potency formulas are concentrated in pure actives and proven to penetrate optimally into skin.

Made in the USA, our clinical skincare is used by dermatologists, plastic surgeons, aesthetic doctors and medi-spas for daily homecare and to complement aesthetic procedures.

We formulate to correct, protect and prevent.

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