

SKINCARE GLOSSARY

Common skincare terms explained for everyday use



TERM	DESCRIPTION
Physical Exfoliation	<i>Removes dead skin cells using small particles that gently polish the skin (ex: jojoba beads)</i>
Chemical Exfoliation	<i>Uses gentle acids to dissolve the bonds that hold dead skin cells together (ex: Glycolic acid)</i>
Humectants	<i>Ingredients that draw water into the skin to increase hydration and maintain moisture levels</i>
Emollients	<i>Ingredients that soften and smooth the skin by filling in microscopic gaps between skin cells</i>
pH	<i>Balanced skin pH helps maintain a healthy barrier and proper skin function</i>
Antioxidants	<i>Ingredients that help protect the skin from damage caused by environmental stress like pollution, UV exposure, and oxidative stress</i>
Skin Barrier	<i>The outermost layer of the skin that protects against moisture loss, irritation, and environmental stress</i>
Barrier Repair	<i>The process of restoring the skin barrier so it can properly retain moisture and protect the skin</i>
Skin Biome	<i>The community of beneficial microorganisms that live on the skin and help maintain balance and protection</i>
Overnight Barrier Repair	<i>The natural recovery process that happens while you sleep, when the skin restores moisture and repairs daily damage</i>