

# YOUR skin care INGREDIENT GUIDE

Be in the know when it comes to common skin care ingredients. Use this guide to ace skin care ingredient education by learning ingredient names and benefits.



INGREDIENT	BENEFITS	FOUND IN	CATEGORY
<b>ACTIVATED CHARCOAL</b>	Absorbs up to double its weight in impurities; helps unclog pores	<i>Clear Proof</i> <sup>®</sup> Deep-Cleansing Charcoal Mask	<b>Cleansing</b>
<b>ALPHA HYDROXY ACID</b> (ALSO KNOWN AS AHA, SUCH AS GLYCOLIC ACID)	Helps buff away dead skin cells with chemical exfoliants	<i>TimeWise Repair</i> <sup>®</sup> <i>Revealing Radiance</i> <sup>®</sup> Facial Peel	<b>Exfoliating</b>
<b>ALPINIA GALANGA LEAF EXTRACT</b> (ALSO KNOWN AS GALANGAL)	Supports natural collagen, elastin and hyaluronic acid	<i>TimeWise Repair</i> <sup>®</sup> <i>Volu-Firm</i> <sup>®</sup> Advanced Lifting Serum	<b>Age-Fighting</b>
<b>AMLA FRUIT EXTRACT</b> (ALSO KNOWN AS PHYLLANTHUS EMBLICA EXTRACT)	Protects skin health and is shown to help support natural collagen production	<i>TimeWise Replenishing Serum C+E</i> <sup>™</sup>	<b>Antioxidant</b>
<b>ANTIOXIDANT</b>	Protects skin health, protects against premature skin aging and provides free-radical defense	<i>Botanical Effects</i> <sup>®</sup> Regimen, <i>Satin Lips</i> <sup>®</sup> Shea Butter Balm, <i>TimeWise Miracle Set 3D</i> <sup>®</sup> , <i>TimeWise Replenishing Serum C+E</i> <sup>™</sup> and <i>Mary Kay Naturally</i> <sup>®</sup> Nourishing Oil	<b>Age-Fighting + Antioxidant</b>
<b>BENZOYL PEROXIDE</b> (ALSO KNOWN AS DIBENZOYL PEROXIDE)	Penetrates pores to dry and clear acne blemishes	<i>Clear Proof</i> <sup>®</sup> Acne Treatment Gel <sup>*</sup>	<b>Acne-Fighting + Exfoliating</b>
<b>CERAMIDE</b>	Helps improve skin hydration and support normal barrier function	<i>Mary Kay Clinical Solutions</i> <sup>™</sup> HA + Ceramide Hydrator	<b>Moisturizing</b>
<b>FATTY ACIDS</b>	Enhances skin hydration by preventing moisture loss	<i>Botanical Effects</i> <sup>®</sup> Regimen and <i>Mary Kay Naturally</i> <sup>®</sup> Nourishing Oil	<b>Emollient</b>
<b>GLYCOLIC ACID</b>	Enhances skin's own renewal process	<i>TimeWise Repair</i> <sup>®</sup> <i>Revealing Radiance</i> <sup>®</sup> Facial Peel	<b>Exfoliating</b>
<b>GOTU KOLA</b> (CENTELLA ASIATICA STEM CELLS)	Helps support the natural framework of skin	<i>TimeWise Repair</i> <sup>®</sup> <i>Volu-Firm</i> <sup>®</sup> Advanced Lifting Serum	<b>Age-Fighting</b>
<b>HYALURONIC ACID</b> (ALSO KNOWN AS SODIUM HYALURONATE)	Cushions skin, holds onto moisture and plumps skin	<i>Mary Kay Clinical Solutions</i> <sup>™</sup> HA + Ceramide Hydrator and <i>TimeWise Repair</i> <sup>®</sup> <i>Volu-Fill</i> <sup>®</sup> Deep Wrinkle Filler	<b>Moisturizing</b>
<b>PEPTIDES</b>	Can help improve the appearance of sagging skin and wrinkles, helps contribute to younger-looking skin, supports skin's natural collagen and elastin. Depends on the kind of peptide.	<i>TimeWise Miracle Set 3D</i> <sup>®</sup> and <i>TimeWise Repair</i> <sup>®</sup> <i>Volu-Firm</i> <sup>®</sup> Set	<b>Age-Fighting</b>
<b>RESVERATROL</b>	Evens skin tone, fights visible signs of aging, protects the skin's surface, supports natural collagen and elastin, and helps prevent premature lines and wrinkles	<i>Mary Kay Clinical Solutions</i> <sup>™</sup> C + Resveratrol Line-Reducer and <i>TimeWise Miracle Set 3D</i> <sup>®</sup>	<b>Age-Fighting + Antioxidant</b>
<b>RETINOL</b> (ALSO KNOWN AS VITAMIN A)	Encourages cell turnover and renewal, supports natural collagen and elastin, helps reduce the appearance of fine lines and wrinkles, helps tone, tighten and firm	<i>TimeWise Repair</i> <sup>®</sup> <i>Volu-Firm</i> <sup>®</sup> Night Treatment With Retinol and <i>Mary Kay Clinical Solutions</i> <sup>™</sup> Retinol 0.5	<b>Age-Fighting + Antioxidant</b>
<b>SALICYLIC ACID</b> (ALSO KNOWN AS BETA-HYDROXY ACID)	Helps remove dead skin cells, helps keep pores unclogged to reduce build-up of P. acnes bacteria	<i>Clear Proof</i> <sup>®</sup> Clarifying Cleansing Gel <sup>*</sup> and <i>Clear Proof</i> <sup>®</sup> Blemish Control Toner <sup>*</sup>	<b>Acne-Fighting + Exfoliating</b>
<b>SQUALANE</b>	Helps support the skin barrier and reduces dryness	<i>Mary Kay Naturally</i> <sup>®</sup> Nourishing Oil and <i>Mary Kay Naturally</i> <sup>®</sup> Moisturizing Stick	<b>Moisturizing + Emollient</b>
<b>VERBENA OFFICINALIS EXTRACT</b>	Supports skin's natural production of natural moisturizing factor (NMF)	<i>Mary Kay Clinical Solutions</i> <sup>™</sup> HA + Ceramide Hydrator	<b>Moisturizing</b>
<b>VITAMIN C</b> (ALSO KNOWN AS ASCORBIC ACID)	Impacts radiance, brightens, evens skin tone, supports natural collagen and elastin, helps reduce the appearance of fine lines and wrinkles	<i>Mary Kay Clinical Solutions</i> <sup>™</sup> C + Resveratrol Line-Reducer and <i>TimeWise Replenishing Serum C+E</i> <sup>™</sup>	<b>Age-Fighting + Antioxidant</b>
<b>VITAMIN E</b> (ALSO KNOWN AS TOCOPHERYL ACETATE)	Helps protect against premature skin aging, provides free-radical defense	<i>TimeWise Replenishing Serum C+E</i> <sup>™</sup> , White Tea & Citrus <i>Satin Body</i> <sup>®</sup> Silkening Shea Lotion, <i>Mary Kay Naturally</i> <sup>®</sup> Nourishing Oil and <i>Mary Kay Naturally</i> <sup>®</sup> Purifying Cleanser	<b>Age-Fighting + Antioxidant</b>

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