



But what's the difference between a hyaluronic acid serum or cream and a hyaluronic acid injection? We caught up with Dr Ron Moy, an American dermatologist and Senior Vice President of the Skin Cancer Foundation, who knows a thing or two about staying youthful, to get some answers.

There's hyaluronic acid supplements, hyaluronic acid injections, hyaluronic acid moisturisers and hyaluronic acid cream. Which is best?

"As a cream it is really just a moisturiser and humectant rather than a wrinkle fighter. Less research has been done on it as a pill, although early results show that it may help promote skin moisture levels when taken orally. As an injectable, it works to improve wrinkles and give volume by plumping the skin. This is probably the most effective and popular form of hyaluronic acid overall."

How does hyaluronic acid stop wrinkles?

"When you have an hyaluronic acid injection, the injection stretches the skin, and your fibroblasts produce more collagen. This results in more volume (ad notes: collagen is a plumping agent) and less wrinkles. It lasts for about six months."

"If you have them, overall your skin will be smoother and have more volume, resulting in less wrinkles and folds. Typically these concerns centre around the lines from the nose to the corners of the mouth (bough lines), the area just below nose and above the upper lip, the corners of the mouth and the marionette lines around the mouth. Those areas can be smoothed and plumped up with great, natural results."

How much do hyaluronic acid injections cost?

"As a ball park, \$595 per one CC (approx £383)."

How is hyaluronic acid good for joints?

"Since hyaluronic acid occurs naturally in joints, injections into aged joints can theoretically help with some discomfort. Research is currently being done on whether this is a solution - as a dermatologist, I can't say for certain as to how effective or helpful this can be for joints."

Why do we lose hyaluronic acid as we age?

"We lose most protective agents as we age such as hyaluronic acid, estrogen, testosterone, growth factors and DNA Repair Enzymes. Unfortunately, it's part of the natural aging process! Luckily there are ways to try and combat these losses, by doing things like topically applying DNA Repair Enzymes and growth factors, injecting hyaluronic acid and taking estrogen and testosterone supplements."

Is hyaluronic acid found in any foods?

"Hyaluronic acid is found in foods such as leafy greens, root vegetables and soy products. While it's unclear how hyaluronic acid is lost in the digestion process, it never hurts to eat leafy greens etc. anyway, so a diet high in fruits and vegetables can help your body continue to produce protective agents, like hyaluronic acid and DNA repair enzymes naturally."

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Skinceuticals H.A. Hyaluronic Acid Intensifier, £85

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Linda Blahr, Educational and Science Manager from Skinceuticals says, "When used in skincare, the goal of this active is to work on the superficial layers of the skin where moisture is lacking. It protects it against dehydration and will also help to smooth over fine lines and give an immediate plumping effect."