

TURMERIC FOR YOUR SKIN: SHOULD IT BE PART OF YOUR SKIN CARE ROUTINE?



Few would deny that turmeric makes just about everything taste better, from chicken to eggs to veggies, the improvements are vast. But did you know that the wonders of this vibrant yellow spice span well beyond just the kitchen frying pan? It's true, and we're hardly the first ones to discover this. Ayurvedic, Chinese, and Egyptian traditional medicines have long used turmeric as a botanical supplement. South Asian brides slather their entire bodies in a paste made with the do-good spice as a ritual before their wedding in hopes of having an ethereal glow when it comes time to say "I do." So, it was only a matter of time before skin care products formulated with turmeric began cropping up stateside. If coconut oil is the ingredient-of-the-moment for great-looking skin, turmeric is a close second—if not neck and neck for first place. Late to the turmeric train? Don't fret! Below, we're sharing five reasons why this spice is worth the hype.

1. IT'S AN ANTIOXIDANT POWERHOUSE

This deep yellow powder doesn't mess around in the antioxidant department. As ethnic skin expert, and Skincare.com consultant Dr. **William Kwan** revealed to us, turmeric is known for its antioxidant properties. And if there's anything you need to know about antioxidants, it's that our skin needs them to help fight off free radicals

generated by UV radiation, which can cause our skin to break down rapidly and show premature signs of aging—think: wrinkles and fine lines. Vitamin C and E might be the most popular antioxidants for scavenging and neutralizing harmful free radicals, but don't discredit turmeric's ability to jump right in and help fight the bad guys.

2. IT HAS ANTI-INFLAMMATORY PROPERTIES

Antioxidants are amazing, but turmeric's other properties deserve recognition too. Turmeric is also notable for its anti-inflammatory properties, which Dr. Kwan says makes it ideal for helping to address acne. Further, according to the National Institute of Biotechnology Information (NCBI), turmeric has anti-microbial properties.



3. IT CAN HELP BRIGHTEN THE APPEARANCE OF DULL SKIN

Turmeric has been used for centuries to help reveal skin's radiance. Needless to say, Indian brides know what they're doing. Give your fatigued skin a boost by incorporating products formulated with this spice into your skin care routine. Not sure where to go for skin-suitable turmeric? Look no further than the Kiehl's Turmeric & Cranberry Seed Energizing Radiance Masque, which is formulated with cranberry extract, micronized cranberry seeds, and—of course—turmeric extract. The "instant facial", as Kiehl's calls it, helps brighten and energize the look of dull, fatigued skin to restore a healthy-looking, rosy-appearance.

4. IT HAS AN ANTI-AGING EFFECT

For an ingredient to make a name for itself, it typically needs to have anti-aging capabilities. And turmeric delivers on that front. The Journal of the American Academy

of Dermatology reveals that topical turmeric extract can be used in a moisturizing cream formula to help reduce the appearance of facial spots, fine lines, and wrinkles—essentially all of your aging-related concerns.

5. IT'S OKAY FOR ANYONE TO USE

When we hear about trendy skin care ingredients we often have to wonder whether or not they'll work for our skin. No matter how much hype an ingredient receives, positive word-of-mouth isn't a guarantee that your skin will respond kindly to a new ingredient. Thankfully, according to Dr. Kwan, any skin type can use turmeric on their skin. That means regardless of whether you're dry or oily, you can add turmeric to your routine. The only warning Kwan offers is to fair skinned individuals, as turmeric may stain their skin. Of course, it isn't permanent, so that issue can easily be nipped in the bud. Simply opt to use turmeric at night or use a light layer of makeup to conceal the yellow tint that it may leave behind.

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