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## What Is Glycerin And Why Is It In So Many Skincare Products?

By Chloe Hall | January 3, 2019



"Glycerin is a sweet, thick syrup derived from the saponification (lye involved) of fats," explains **Dr. Anna Guanche, an LA-based dermatologist**. "Glycerin is used in soaps and cleansers because it can help reduce oily skin, but at the same time is a humectant, meaning it attracts water to the skin."

Glycerin is non-comedogenic (meaning it won't clog your pores) and helps to hydrate the skin by attracting moisture and sealing it in. According to Dr. Guanche, the ingredient is safe for all skin types and is probably in some of your favorite products already.

<https://www.elle.com/beauty/makeup-skin-care/a25734101/what-is-glycerin/>