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Why does a patch of my skin sting with vitamin c

It's common to have sensitive skin, and we know how much you have to investigate each product you plan on using before you even buy it. But some ingredients look harmless, don't they? So you don't pay too much attention cause "what's the worse Vitamin C can do to you?" Believe us, there are several things it can do to you! Irritation is the main side effect most people with sensitive skin tend to get when they first start using Vitamin C. So if it irritates so much, why should I use it? Great question! Several benefits make Vitamin C great for your skin, for example: It brightens your complexion and helps reduce all that dullness you start to accumulate throughout the week. It helps your skin boost its collagen production, which helps reduce wrinkles and sagginess that your skin might have from age and sun damage. You can use it to treat hyperpigmentation too. Some studies have theorized that vitamin C reduces melanin production, which is the main culprit of having darker spots on your skin. For the most part, the benefits tend to outweigh the side effects Vitamin C has! Yet there is something you can do to avoid the most significant side effect Vitamin C has! (Irritation) By adding B5 serum to your skincare routine, you can avoid the harshness of the vitamin c while still getting all of the benefits from both ingredients. So what makes b5 serum such an excellent ingredient to pair up with Vitamin C? It's a top of the line natural hydrator, so it helps retain more water for more extended periods by stabilizing the skin's barrier functions. Yes, you can add B5 serum to your skincare routine by buying a separate product, but we know how time-consuming it is to add several layers of creams and products on your skin every single day. That's why we decided to create a single product that has both Vitamin C and B5 Serum in it to avoid having to do extra steps! Our Vitamin C E Ferulic + B5 Serum is a supercharged antioxidant that helps fight the signs of aging! It has a 20% vitamin C concentrate meaning that the results will be visible faster. Still, you won't have to worry about any itching or redness that comes with a higher concentration of vitamin C since the B5 serum will alleviate it all. We want to make your skincare routine fast and efficient, that's why this product was created! If you have any questions, please send it to us here. Hepatitis C, a virus that attacks the liver, is a tricky disease. Some people have it and may never know it as they are affected by any sorts of symptoms. It can remain silent until there is severe damage to your liver. What Are the Symptoms of Hepatitis C? If you were to have symptoms of hepatitis C, what would they look like? Acute hepatitis C is the phase when you are first exposed to the disease. If you have symptoms at all, here are some to look out for, as listed by the Mayo Clinic. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark-colored urine, confusion and swelling in your legs. Symptoms usually show up between two and 12 weeks after being exposed to the virus and last two weeks to three months, according to the Mayo Clinic. Who Is at Risk to Get Hepatitis C? Hepatitis C is a virus transmitted through the blood from one person to another. Here are some situations that put you at an increased risk of getting the disease as cited by the Mayo Clinic. These include if you have HIV, inject or inhale drugs, are a health care worker who may be exposed to contaminated blood, have been in prison, received a tattoo or piercing from a questionable environment or were born to a woman with hepatitis C. Also, those born between the years of 1945 and 1965 have cause for concern as they are five times more likely to be infected with hepatitis C than people born outside of this time frame. Hepatitis C Treatment Hepatitis C is the leading cause of liver cancer and liver transplants, according to WebMD. It is curable. However, there is no easy fix that works for each person. There are different strands of hepatitis C and, thus, no one pill can treat them all. You and your doctor will have to work together to figure out which antiviral medications are going to work in your particular situation. Most medications can remove all traces of the virus in your blood in about 12 weeks. Preventing Hepatitis C The best and easiest way to prevent getting hepatitis C is to ensure you are making good decisions. Practice safe sex — use a condom. If you use illicit drugs, which you should seek treatment for a litany of reasons, never share needles with other users. Make sure to check the hygienic conditions of a place before you decide to get piercings or a tattoo. Complications From Hepatitis C Hepatitis C can lead to liver cancer. It can also cause cirrhosis of the liver, which creates mass scarring and makes it difficult for the liver to work as it should. This can then lead to complete liver failure and the need for a transplant to stay alive. MORE FROM SYMPTOMFIND.COM Even if you only dabble in skin care, you've likely seen vitamin C serum touted as a beneficial beauty product. But what does vitamin C do for your skin, exactly? In short: Vitamin C is a "potent antioxidant" that can potentially help brighten dark spots, aid in smoothing fine lines, and neutralize skin-harming free radicals from the environment, including pollution and UV radiation. Sara Hogan, MD, board-certified dermatologist and fellow of the American Academy of Dermatology, tells SELF. Before you run out and buy the first delightfully orange serum you see, though, there are some important things to consider, as not all vitamin C products are created equal. Depending on the product's specific formulation and your personal skin needs, vitamin C can even be irritating or finicky in some cases, Angela Lamb, MD, board-certified dermatologist and director of Westside Mount Sinai Dermatology Faculty Practice, tells SELF. But don't let that deter you from giving this impressive, scientifically backed ingredient a try. Keep reading to find out why and how you should incorporate a vitamin C serum into your skin-care routine. What does vitamin C do for your skin? | Vitamin C side effects | Is vitamin C good for acne? | What should you look for on the label? | What ingredients shouldn't be mixed with vitamin C? | Is it safe to use vitamin C with retinol? | How do you use vitamin C serum? | Can I use vitamin C at night? | Should you keep using vitamin C if it changes colors? | How do you keep vitamin C fresh?!. What does vitamin C do for your skin? What exactly does vitamin C do for your skin? Well, it has the potential to help with a lot of issues, especially when applied topically in serum form. "Vitamin C has a wide range of protective and anti-aging effects for the skin," Annie Chiu, MD, a board-certified cosmetic and general dermatologist on faculty at Cedars-Sinai Medical Center, tells SELF. "Serums typically offer the highest concentrations of active vitamin C and tend to have better skin penetration compared to other vitamin C products, like creams and cleansers." Here are a few of the biggies when it comes to benefits: Vitamin C can help reduce the appearance of fine lines and wrinkles. That's because the antioxidant can help your skin produce collagen—a protein that gives your complexion a firmer, bouncier feel, which in turn helps to improve the look of fine lines and wrinkles, Dr. Chiu explains. Vitamin C can help brighten your skin. With consistent use, your skin can become more even in tone—and downright glowy!—because vitamin C inhibits the over-production of melanin, the substance in your body that produces pigmentation in your hair, eyes, and skin. Some areas of the skin will create too much melanin which is what leads to hyperpigmentation. This often manifests as darkened skin discoloration, says Dr. Chiu. Vitamin C can help protect your skin. Yep, it may help prevent skin damage that can be caused by environmental aggressors, like UV rays, pollution, or smoke, among others. "Vitamin C is an antioxidant, which helps fight free radicals (unstable molecules in the body) that age the skin," says Dr. Chiu. It has some possible healing effects too. "Vitamin C has anti-inflammatory properties and boosts wound healing by helping cells migrate to the area of the skin injury," she says.² What are the possible side effects of vitamin C serum? The most common side effects of using a vitamin C serum include skin irritation like tingling upon application, redness, and itching, but this mostly happens to "sensitive or reactive skin," Dr. Chiu says. Always patch test an area of skin before you try any new product, especially a potent one like a serum. Many derms recommend applying a small dollop (a dime-size amount should do) to your inner arm for a day or two to see how your skin reacts before slathering it all over your face. Dr. Chiu warns that stronger formulations can sometimes have a low pH, which can be especially irritating for those with dry and/or sensitive skin. To be safe, she recommends starting with a gentler formula at first—one that contains less than 5% vitamin C—and then working your way up if you'd like. Most people can benefit from going up to 10% once their skin can handle it, and some can go up to 20%, as long as it's applied only once per day.³ Is vitamin C good for acne-prone skin? People with acne can potentially benefit from adding a vitamin C serum to their routines, but there are a few nuances to consider. A 2013 research review in the Indian Journal of Dermatology, Venereology, and Leprology suggests that topical vitamin C can improve acne lesions in up to 77% of patients.² As for acne scars, it's good for that too, thanks to those collagen-boosting and skin-brightening powers that were mentioned earlier. (You'll just want to avoid any vitamin C formulas that are heavy or pore-clogging like oils or rich creams that often further exacerbate acne.)

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