



## Glycolic acid

Glycolic acid belongs to a group of chemicals called Alpha Hydroxy Acids (AHAs), which can be found in various types of fruit and milk. In its raw state it is a powder made up of colourless crystals that have no scent.

It is largely used in skincare products as it offers many benefits to the skin, from rejuvenating to moisturizing.

How does it work?

It reacts with the top layer of skin, breaking it down by dissolving sebum and other substances that bind cells together. Made up of small molecules, it is able to penetrate the skin deeply and easily. This makes it very effective for treating fine lines, acne, blackheads, dullness, oiliness and uneven texture. High percentages of glycolic acid are used in many chemical peels because they are very effective for skin treatments, if done safely and properly, even in case of sensitive skin. It is very helpful in exfoliation, effectively removing the outermost layer of dead cells from

the complexion, and revealing brighter, fresher skin.

A lower percentage of glycolic acid can also be used in daily skincare products, without causing any irritation.

This is particularly popular across facial washes and cleansers, bringing along rejuvenating benefits from the first step of a person's cleansing routine.

Derived from plants, such as sugar cane, pineapple and sugar beet, its botanical properties help to treat skin conditions such as psoriasis, melasma and seborrheic keratosis. Products that contain glycolic acid are often used to treat scarring, skin discoloration and signs of aging, like fine lines and wrinkles. It can transfer water molecules from the air into the skin tissue, replenishing any lost moisture. Studies also show that Glycolic Acid assists with boosting collagen production: Collagen is a vital structural protein, helping the skin tissue remain firm and resist wrinkling.

### ACTIVITIES

1 Decide if the following sentences are true or false and then correct the false ones.

- 1 Glycolic acid belongs to a group of chemicals called alpha hydroxy acids.
- 2 In its raw state it is a colourless, scentless powder.
- 3 It is used in some eyecare products because of its moisturizing properties.
- 4 It is made up of large molecules, and this is why it can penetrate the skin deeply.
- 5 It is used in many chemical peels and for the treatment of fine lines.
- 6 Glycolic acid is also used in high percentages for the production of daily skincare products.
- 7 Its usage does not need special care and precautions.
- 8 In smaller percentages it is used in daily skincare products.
- 9 It is never used for the treatment of skin conditions such as Psoriasis.
- 10 It can also be helpful in case of scars.
- 11 It is effective for moisturizing the skin because it transfers water molecules into the air.
- 12 Glycolic acid can also boost collagen production.

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2 Translate the following words into Italian.

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|-----------------------|-----------------------|
| 1 Raw .....           | 8 Skincare .....      |
| 2 To rejuvenate ..... | 9 Cleanser .....      |
| 3 To moisturize ..... | 10 Scarring .....     |
| 4 Lines (here) .....  | 12 Wrinkles .....     |
| 5 Blackhead .....     | 13 To replenish ..... |
| 6 Dullness .....      | 14 To boost .....     |
| 7 Complexion .....    |                       |

3 Glycolic acid is used for the treatment of skin conditions such as psoriasis, melasma and seborrheic keratosis. What do you know about them? Do some research then describe them using your own words

4 Do you use or know any products which contain glycolic acid? What are they for? Discuss this topic in your group.