BY KATIE PIERSON • DECEMBER 26, 2021 • IN BEAUTY, FOOD, HEALTH, LIFESTYLE, SKINCARE • NO COMMENTS

The Best Vitamin C Serum | The Complete Vitamin C Guide

Curious what a Vitamin C Serum will do for your face? If you are looking for brighter, more beautiful skin, then incorporating vitamin C serum into your daily skincare routine or into your diet is something you should start doing immediately. Not sure where to start? Let our complete vitamin C serum guide lead the way as we break down why this vitamin is important, what to look for in vitamin C skincare products, and share the best vitamin C serum out there.

What is Vitamin C and Why is it Important?

Vitamin C, also known as ascorbic acid, is a powerful antioxidant responsible for building collagen in bones, cartilage, muscle, and blood vessels.

In addition to being a helpful building block for many different components of the body, vitamin C is essential in protecting your cells from free radicals. External free-radical sources include ozone, radiation, cigarette smoke, chemicals, and pollution. Free radicals cause oxidative stress within the body and contribute to cancer and inflammation.

How Vitamin C Helps

Collagen	Protects the collagen you currently have and plays a role in connective tissue healing.
Cartilage	It helps encourage collagen and proteoglycan production, vital components of cartilage.
Muscles	It shields muscles from oxidative stress damage.
Blood Vessels	Decreases inflammation that impacts the lining of blood vessels.

Sources of Vitamin C

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Co Founded by Master Esthetician, Rita Almusa, MintPear is a name of excellence and beauty. MintPear is a community of professional makeup artists and estheticians that strive to make the world a more beautiful place through our premium products and community.

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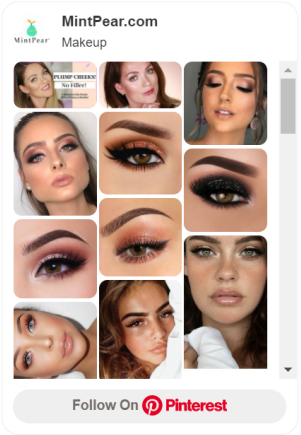

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Many different sources are available for vitamin C, found in a wide selection of fruits and vegetables. Check out the list below to see a few sources below.

- Berries
- Citrus fruits
- Tomatoes
- Potatoes
- Kiwi
- Strawberries
- Red & green bell peppers
- Cantaloupe
- Brussel sprouts

How to Take Vitamin C

You can enjoy delicious fruits and vegetables to reach your daily vitamin C intake. In addition, some people take vitamin C supplements to help try to reap the benefits of this antioxidant. However, studies have shown that if you hope for this vitamin to significantly impact your skin, a minimal amount will affect your skin by taking this antioxidant orally.

Vitamin C Skincare

Since oral vitamin C supplements provide minimal direct benefits for your skin, many skincare companies have created topical products. This powerful antioxidant is common in face washes, cleansers, and serums.

What to Look for in a Vitamin C Skincare Product

Since many Vitamin C skincare products are on the market, it is essential to find the correct one. MintPear's Master Esthetician Rita Almusa shared a vital tip, "it's important that the product is clinically proven to support the active ingredients and claims."

Active ingredients to look for include, ascorbic acid, magnesium ascorbyl phosphate, and ascorbyl-6-palmitate.

Types of Vitamin C

Vitamin C can come in the form of 3 different types, including Magnesium ascorbyl phosphate, Ascorbyl-6-palmitate, and L-ascorbic acid. For skincare purposes, vitamin C should come in L-ascorbic acid, also known as just ascorbic acid.

Vitamin C Concentration

The potency of Vitamin C is based on the concentration of this vitamin in the product. According to a recent study, the ideal concentration percentage is 10-20%. Vitamin C potency below 10% and above 20% showed decreased effectiveness when applied to the skin.

> ***"It's a myth that vitamin C serum should only be between 15-20% within the product. It really comes down to how active the vitamin C ingredient is, not the percentage." – Rita Almusa MintPear Founder and Master Esthetician.***

Other Ingredients

Vitamin C is obviously the star of a great vitamin C serum. However, other essential ingredients also help make your skin look its best. For example, the product should be

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properly pH balanced for your skin. Furthermore, other ingredients to look for when selecting this type of serum include:

Vitamin E

Vitamin E is another powerful antioxidant that helps to heal skin and also helps to reduce UV skin damage.

Hyaluronic Acid

Reduces the appearance of fine lines and wrinkles, helps alleviate dry skin, and helps the body's healing process.

Natural Calming Extracts

Certain plant extracts such as chamomile and lavender help to reduce hyperpigmentation, protect against free radical damage, and promote collagen production.

Skincare Ingredients to Avoid

Now that we have discussed what ingredients you should look for when selecting a vitamin C product, let's focus on what you should avoid. It is best to choose certified products free of parabens, phthalates, GMOs, petrolatum, mineral oil, sodium lauryl sulfates, artificial colors, and fragrances.

Packaging

Since vitamin C is a sensitive antioxidant that becomes unstable when exposed to sunlight and oxygen, the proper packaging is critical for these skincare products to be effective and not waste your money. If you can easily see the serum in the bottle, skip it and find a product where the packaging is opaque or has tinted glass. How the product comes out of the bottle also plays a role in its shelf-life. Look for products that include an airless delivery.

How to Use Vitamin C Serum

We enlisted the help of Rita to break down how your vitamin C serum should be used for maximum results. "I recommend applying the vitamin C serum at night in the p.m. after you have cleansed and toned your face. It's also okay to apply a night oil or night moisturizer on top of the vitamin C serum. Remember to pat and don't rub when layering on top of the serum. Serums that include vitamin C should not be worn during the daytime due to the sensitivity caused by exposure to the sun," Rita shared.

Proper Storing of Vitamin C Products

If you are interested in keeping the potency of your skincare products at its best, they must be stored in a dark, cool place. Mint Pear's Master Esthetician, Rita Almusa, recommends using a skincare fridge to prolong the life and potency of your products, especially those that contain antioxidants.

How Do You Know if Your Serum Has Oxidized?

Sometimes it can be difficult to tell if your serum has oxidized. Oxidation can occur when the serum is exposed to light, air, and heat. So how do you know if your serum has oxidized? For example, if your serum was once white or yellow, but now it has turned a brown color, it has oxidized. After oxidation has occurred, the potency of the product decreases.

> ***"It's a myth if the vitamin C serum is a different color (dark) when you first open it, that it's rancid. Because it all depends on what other natural ingredients are in the product that could determine the color of the product," shared Rita Almusa, Master Esthetician.***

Vitamin C Serum Benefits: What Does a Vitamin C Serum Do for Your Face?

Improves Skin Tone

Since vitamin C inhibits melasma production, this helps to reduce the chance of hyperpigmentation and improve skin tone. In addition, this antioxidant also works as a

lightening agent, which diminishes the appearance of dark spots, age spots, and scarring.

Collagen Maintenance and Production

Another benefit of vitamin C is that it maintains your existing collagen while also creating it. For example, a study published by the NCBI focused on the roles of vitamin C in skin health. The study found that skin fibroblasts had an absolute dependency on vitamin C for the synthesis of collagen and played a vital role in the balance of elastin and collagen within the skin. As a result, skin firmness improves as collagen synthesis takes place in addition to a reduction in fine lines and wrinkles.

Promotes Wound Healing

It also promotes wound healing through the production of collagen. The wound healing properties of vitamin C are beneficial to those that have or currently suffer from acne. "Vitamin C serum, like our C Your Youth Vitamin C Serum, helps to improve your skin's texture and help heal damaged pores," shared Master Esthetician Rita Alamusa of MintPear.

Common Vitamin C Serum Potential Side Effects

MintPear's Master Esthetician Rita Almusa weighs in on common potential side effects of vitamin C serums.

Tingling

"It's normal for a little bit of tingling since it is an active product that should subside after 15 minutes or so. However, if your skin continues to have irritation, we recommend not to continue to use the product", said Rita.

Redness

Like tingling, the redness should also subside, but if your skin is ultra-sensitive, the redness might linger, and the product shouldn't be used. Rita shared the following insight, "redness from vitamin C, I have found can be ethnic-based. Some ethnicities can have ultra-sensitive skin that can have more of a reaction. For example, I have found that those of Asian and Hispanic heritage sometimes can experience more skin irritation from this vitamin in particular."

Remember to gradually start using any new products to see how your skin will react.

The Best Vitamin C Serum for Your Face

C Your Youth Vitamin C Serum

If you are looking for the best vitamin C serum, look no further. Tighten, lighten and brighten with our C Your Youth – Vitamin C Serum. After only two weeks of use, this product is equivalent to receiving a collagen injection. Sodium Ascorbic Phosphate makes up 20% of this powerful anti-aging serum, along with the precise blend of the most effective natural ingredients.

"I recommend using the vitamin C serum to spot treat areas with blemishes, pimples, and dark spots. Remember to avoid the eye area. Vitamin C is nature's way of lightening, tightening, and brightening your skin! In addition, our vitamin C serum will help stimulate collagen production in the skin, responsible for youthful, plump-looking skin. To see the best results, continue to use our serum three to five times per week, and you will start seeing major improvements after four to six weeks." – Rita Almusa, MintPear's Founder and Master Esthetician. See Rita's results after using MintPear's Vitamin C Serum for three weeks.

C Your Youth – Vitamin C Serum Benefits

- Improves Overall Skin Appearance
- Reduces Wrinkles and Fine Lines
- Boosts Collagen Production
- Dramatically Fades Sunspots, Age Spots, Hyperpigmentation, and Melasma
- Improves Firmness
- Shrinks Pores

Vitamin C Serum Before and After Photos

Vitamin Rich Daily Moisturizer

Another great product is our Vitamin Rich Daily Moisturizer. This moisturizer

Another great product is our Vitamin Rich Daily Moisturizer. This moisturizer penetrates deeply into your skin's surface layers, delivering our proprietary blend of Vitamin E, C, B5, & A + Retinyl complex. Therefore, using this product provides your skin with a bounty of benefits.

Vitamin Rich Daily Moisturizer Benefits

- Diminishes Fine Line and Wrinkles
- Reduces Pore Sizes and Dark Spots
- Increases Smoothness, Brightness, and Firmness of Skin

Carrot Seed Oil

Carrot Seed Oil is extracted from the Daucus Carota plant seeds through steam distillation. This essential oil blends skin-repairing vitamin A, collagen-boosting vitamin C, and moisturizing vitamin E.

Carrot Seed Oil Benefits

- Diminish Fine Lines and Wrinkles
- Repair Sun Damage, Scars, and Other Skin Trauma

The Bottom Line

Vitamin C is a powerhouse for its benefits for your skin. Therefore, if you desire brighter, more vibrant-looking skin, a quality vitamin C serum should be in your skincare routine. Just remember to ease your skin into any new product and talk to your dermatologist about any questions or concerns.

Vitamin C Serum Frequently Asked Questions

Is Vitamin C Serum Good for Your Face?

Vitamin C Serum is great for your face, as it can provide a variety of benefits, including decreasing hyperpigmentation, reducing inflammation, and revealing more radiant-looking skin.

Can I Use Vitamin C Serum Everyday?

Yes, some people might be able to use vitamin C Serum every day, while others might not tolerate it daily and need to spread out applications.

Does Vitamin C Serum Remove Dark Spots?

Vitamin C Serum helps to diminish hyperpigmentation and fade dark spots. However, depending on the severity of the dark spots, other treatments might be needed to achieve your desired results. Other treatments include microdermabrasion, chemical peels, or laser treatments.

Do You Use Vitamin C Serum at Night?

Yes, you will want to use your vitamin C serum at night instead of in the morning since vitamin C interacts with sunlight.

Can I Use Vitamin C and Hyaluronic Acid Together?

Hyaluronic acid and vitamin C are a powerful duo that has successfully fought the aging process when used together.

Can You Use Vitamin C Morning and Night?

MintPear's Skin Expert Rita Almusa recommends using your vitamin C products at night for maximum results.

Is Vitamin C Serum Anti-Aging?

This type of serum helps to minimize fine lines and wrinkles while diminishing the appearance of dark spots. Therefore, this helps to improve the overall appearance of your skin, helping to reclaim some of that youthful glow.

Which Serum is Best for Face?

It is vital to find a serum that focuses on your skin issues. For example, ingredients such as vitamin C and Hyaluronic acid are ideal.

How Do I Make My Skin Glow?

Enjoying glowing skin can be a reality with a great skincare routine. First, you will want to begin your skincare routine with a cleanser. Next, it is time to focus on balancing your skin's pH level with a quality toner. Afterward, you will need to add a serum such as a vitamin C serum to balance your skin's overall appearance. Finally, it is time to finish your daily routine with a quality moisturizer.

Does Vitamin C Serum Brighten Face?

It brightens your face by inhibiting the production of melasma while working to fade dark spots.

Article Tags : anti-aging, healthy skin, vitamin c, vitamin c serum, Vitamin C Skincare

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Katie is a freelance writer and marketer with a passion for the health and wellness industry. She has been a certified health and fitness professional for almost twenty years. She currently holds ten certifications and looks forward to sharing her passion for health and wellness with you.

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