

# The truth about Glycerin

## Dive into what the ingredient is, how it works, and its myths we've busted.

### *Section: Ingredient stories*

#### What is Glycerin?

Glycerin, also known as glycerol, is found in animal fats and vegetable oils, and can also be made synthetically. Discovered in 1779 during soap-making, it has come a long way since its humble origin. It is able to keep your skin moisturised for long periods of time, making it a real superstar in moisturisers.

#### How does Glycerin work?

##### A moisturising powerhouse

Glycerin is a humectant. This means it draws moisture from the environment as well as from deeper layers of your skin towards the surface layer, locking it in to ensure long lasting hydration, elasticity, while its antimicrobial properties protect the skin's natural defence barrier.

#### "Glycerin is only for dry skin"

##### Suits every skin

Glycerin is something of an all-rounder. It hydrates without adding excess oil and upsetting the natural moisture balance, which is great for oily skin and because of its non-comedogenic and antibacterial properties, it can actually prevent and clear breakouts in blemish prone skin.

#### "Glycerin can't be used in winter"

##### Locks in moisture

While glycerin does draw moisture from deeper skin layers when the environment is dry, including in winter, it forms a protective layer on your skin that actually locks that moisture in and prevents it from escaping. It's the perfect all-weather moisturiser.

#### "Glycerin causes blemishes"

##### It's non-comedogenic

Blemishes can be caused when your pores get clogged up. As a non-comedogenic, glycerine doesn't clog your pores. In fact, because it has antimicrobial properties, it can help keep your skin clear and prevent breakouts by fighting off bacteria.

#### How to integrate Glycerin into your routine

##### Night and day

You'll find glycerin in cleansers, serums and moisturisers. It's gentle moisturising properties mean it can safely be added to every single step of your routine, morning and evening.