

The truth about Panthenol

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

Section: Ingredient stories

What is Panthenol?

What comes before vitamin B5? You guessed it—panthenol (also known as pro-vitamin B5). The name comes from the Greek word "pantothén," which means "everywhere." And that's where you'll find it: throughout all living organisms.

How does Panthenol work?

Like magic

When panthenol hits your skin, it dives deep down to the lower layers and voila, it quickly converts to vitamin B5 – the great healer. Not only is it a humectant (drawing moisture to your skin), it also has anti-inflammatory and healing properties that soothe redness, enhance the healing process and support your skin's natural barrier.

“Panthenol is only good for your hair”

It's a hairy story

Vitamin B5 is certainly your hair's knight in shining armour, battling dryness, breakage and dullness with its moisture-locking powers. But this versatile vitamin doesn't stop at hair. From hydrating and soothing your skin to enhancing its elasticity and fighting off wrinkles, vitamin B5 is your go-to for a head-to-toe glow.

“Panthenol blocks pores, causing blemishes”

No clogging, no worries

Blemishes can be caused when your pores get clogged up. Panthenol is non-comedogenic, so it keeps your pores clear. Plus, it's a pro at soothing and healing, zapping away inflammation and fast-tracking skin repair. Perfect for acne-prone skin.

“Panthenol is for dry skin”

An all-rounder

There is no skin type that won't benefit from the calming touch of panthenol. It's a miracle worker for dry or sensitive skin - calming, soothing, and healing. And it spreads that magic. It naturally balances your skin's oil production, keeping oily skin more matte. Plus, since it's non-comedogenic, it doesn't block pores or cause blemishes.

How to integrate Panthenol into your routine

Be consistent

For best results, as they say, use your products containing panthenol consistently. It's easy to introduce panthenol into your routine, as you can find it in products for every step. If you layer products, apply your thinner panthenol product first, such as your toner, then follow with serums and creams.