

The truth about Citric Acid

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

Section: Ingredient stories

What is Citric Acid?

If you enjoy a dash of lemon or lime juice in your water, you enjoy the taste of citric acid. Found in all citrus fruits as well as some berries, citric acid, an alpha-hydroxy acid (AHA), is a natural exfoliator and is excellent for balancing your skin's pH.

How does Citric Acid work?

Citric acid breaks down the bonds between dead skin cells on the skin's surface. This encourages desquamation (the shedding of dead skin cells) to reveal a fresher, brighter complexion. With its pH-balancing and antioxidant properties, it also helps to repair your skin's natural barrier and reduce the appearance of fine lines. It's a great all-in-one solution.

"Citric Acid is the same as Vitamin C"

Not Quite

Even though citric acid and vitamin C (ascorbic acid) hang out in the same citrus fruits, they're totally different characters! Citric acid brings the exfoliation, while vitamin C brings the antioxidant boost. Together, they make citrus fruits a powerhouse, but they each has its own special talents.

"Citric Acid is harsh on your skin"

The gentle touch

Too much of a good thing can cause a bit of irritation. But in the right formulations, citric acid is like a skin-loving hero. It gently exfoliates, keeps your pH in check and helps repair your skin's natural barrier.

"Citric acid is only good for oily skin"

One size fits all

Citric acid is perfect for all skin types. Whether you have dry, normal, combination or oily skin, citric acid has got you covered with its gentle exfoliation, pH-balancing magic and antioxidant goodness. Just find the right product, and let your skin enjoy the benefits."

How to integrate Citric Acid into your routine

Start slowly

Citric acid is a key ingredient in many skincare products. Begin by using citric acid slowly, once

or twice weekly, and as your skin gets used to it, start using it more frequently. If you're using more than one product with citric acid, introduce one product into your routine at a time.