

The truth about ceramides

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

Section: Ingredient stories

What are ceramides?

If you think of your skin's barrier as a dam wall holding water in, skin cells are the bricks and ceramides the cement. These amazing sphingolipid oils connect the cells to make the whole structure more resilient.

How do ceramides work?

Building up beauty

If your skin cells are like bricks, ceramides are the super-cement that holds the wall together. A healthy barrier means less dryness, redness and sensitivity and a defence against bacteria and blemishes.

“Ceramides are all the same”

No... but don't worry about it

There are nine different ceramides in skin, all with different length carbon chains. They do a similar job of protecting the skin barrier, so don't worry if you can't tell ceramide AP from EOP, NG or NS.

“My skin has enough ceramides”

If only this were true

Like limbo dancing, the ability to produce ceramides is something that gets away from us as we age. Lab ceramides are identical to the ones we produce naturally and can be really beneficial for the skin barrier.

“Ceramides are mostly found in moisturisers”

Fortunately not

All-stars like these get a lead role in top serums, masks and toners too. Ceramide-containing products often include retinol and glycolic acid, since they help ceramides to get deeper into the skin.

How to integrate ceramides into your routine

Damply and daily

Like hyaluronic acid (but for different reasons), ceramides work well when applied to wet skin.

They should be used twice daily as part of your cleanse, tone and treat routine. Which part is down to you and the products you choose.