5 Rules to Never Break if You Have Sensitive Skin

Choose skin-soothing ingredients.

Dr. Zeichner recommends tending toward products with skin-loving ingredients, such as niacinamide. Niacinamide is a derivative of vitamin B3 that firms skin, reduces hyperpigmentation as well as visible signs of aging, and prevents moisture loss. “The moisture barrier is the first line of defense for sensitive skin,” he says. Other gentle ingredients to look out for when your browse the beauty aisle include quercetin, turmeric, and hyaluronic acid.

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http://www.self.com/beauty/skin/2015/12/tips-for-sensitive-skin/