



AHA VS. BHA

Acids in Skin Care

RAHN

What are AHAs and BHAs?

The **purpose** of both AHAs and BHAs is to **exfoliate** the skin. Depending on the concentration, a related product may **remove dead skin** cells from the surface of the skin, or it may remove the whole outermost layer.

Exfoliating skin is one of the most important steps in order to achieve **clear skin**. Although there are many different ways to remove dead skin cells, chemical exfoliation became the **most popular** treatment for tired and dry skin.



AHA

VS.

BHA

Alpha Hydroxy Acid

Water soluble

Exfoliates dead cells off the skin's surface

Can stimulate collagen production

Has skin hydration properties

Suitable for sun-damaged, dry and sensitive skin

Beta Hydroxy Acid

Oil soluble

Exfoliates deep into the pores to unclog sebum and dead skin

Can help reduce inflammation & bacteria growth

Has a anti-inflammatory and antibacterial properties

Suitable for oily, combination and acne-prone skin



AHA

VS.

BHA

Alpha Hydroxy Acid

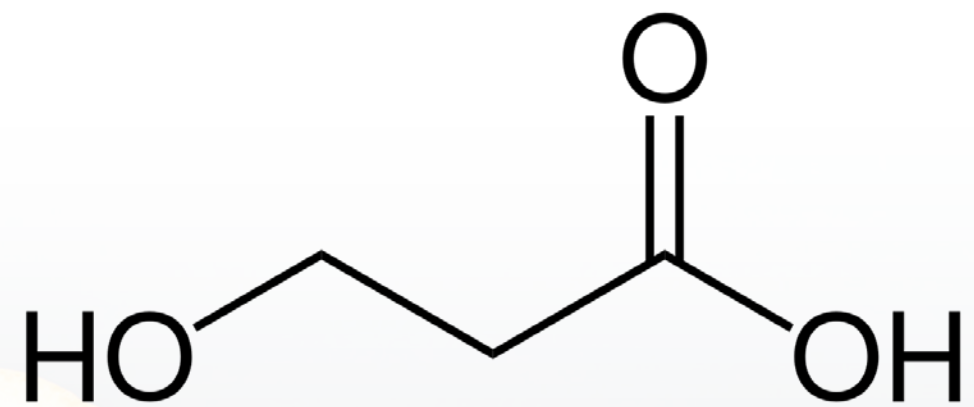
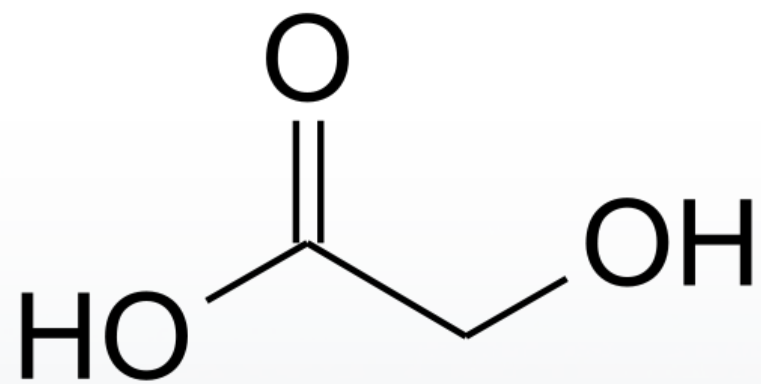
Types:

Glycolic Acid
Lactic Acid
Mandelic Acid
Malic Acid
Tartaric Acid
Citric Acid

Beta Hydroxy Acid

Types:

Salicylic Acid



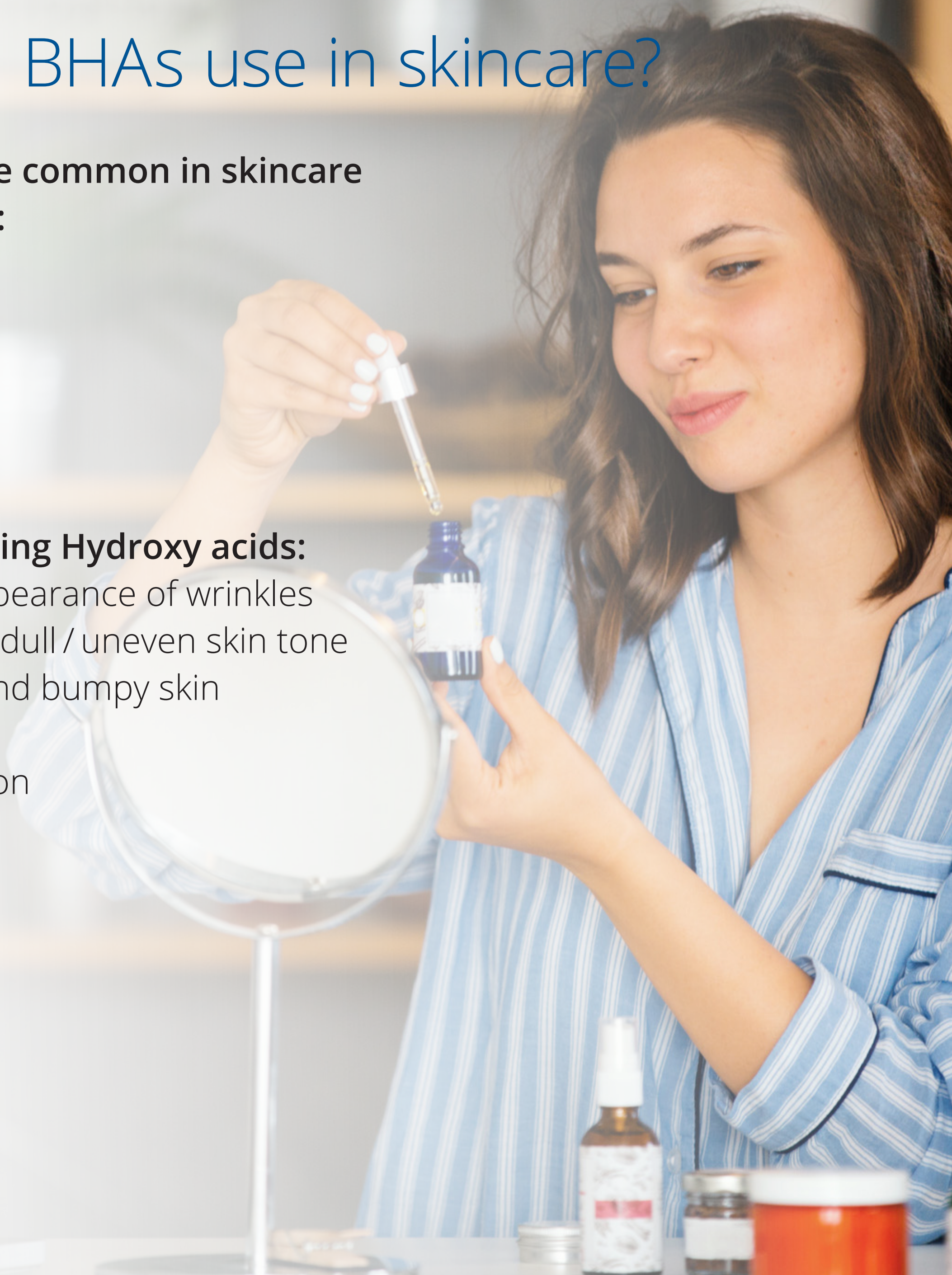
AHAs and BHAs use in skincare?

Hydroxy acids are common in skincare products such as:

- Toners
- Cleansers
- Serums
- Moisturizers
- Facial Peels

Advantages of using Hydroxy acids:

- minimise the appearance of wrinkles
- bring clarity to a dull / uneven skin tone
- smooth rough and bumpy skin
- unclog pores
- increase hydration



Can I use AHA and BHA together?

Alpha and Beta hydroxy acids can be used together. There are many skin-care products available that contain both types of acids in one product.

However, it is important to keep in mind that products like these need to be very well formulated, so it does not irritate the skin. Overuse can easily create irritation, redness and sensitivity.

If you want to use both products within your beauty routine, our advice would be to keep AHA-containing products such as serums and toners for everyday use and for better results add a BHA-containing product such as chemical peel once a week.

