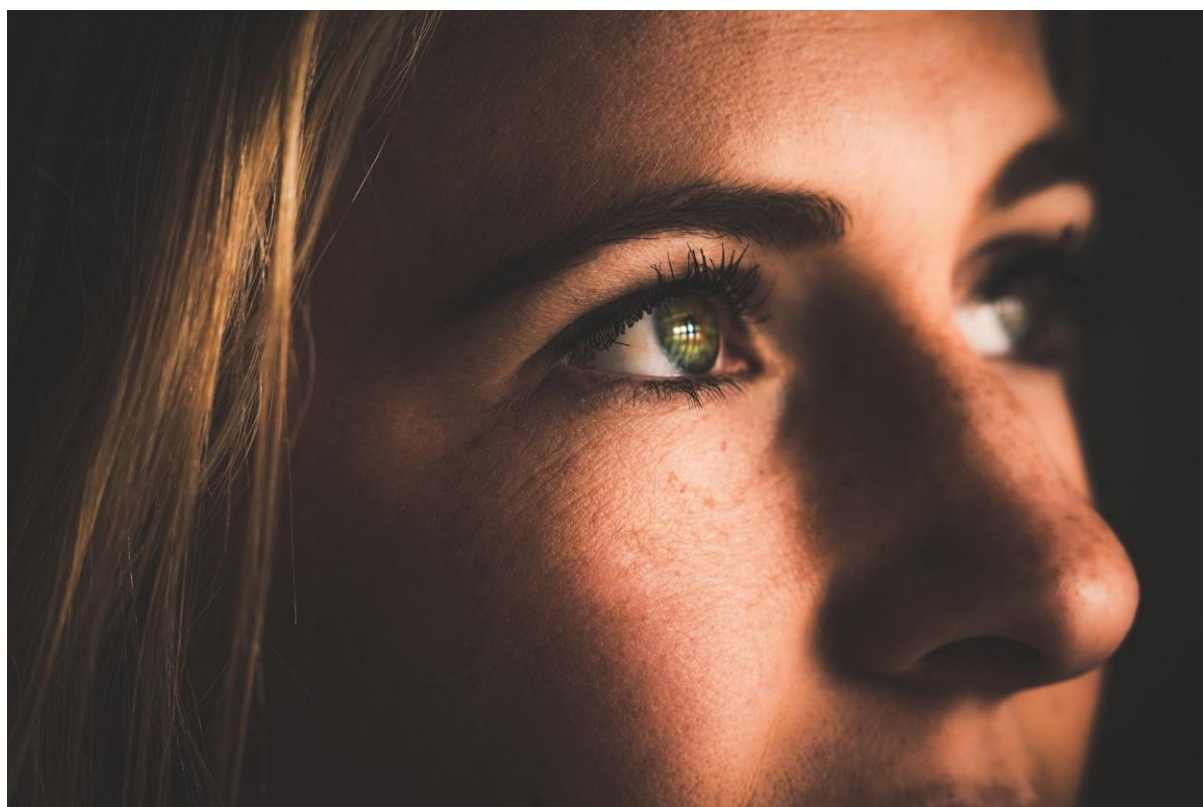


HOW CAN WE TAKE CARE OF OUR SKIN IN SUMMER?

August 9, 2018

During these months our skin can suffer various damages, caused by overexposure to the sun, pool chlorine or lack of hydration. Some of the consequences are redness, inflammation, burns, dry or aging skin.



All these problems can be prevented and treated, being the extract of black garlic an excellent ally in its care.

It has been used traditionally to prevent and treat different skin pathologies. In countries such as Japan or Korea its use is frequent due to its healing and regenerative properties, being considered as a natural antibiotic, in addition to providing more antioxidants than common garlic.

But how can regular consumption of black garlic extract help maintain healthy, beautiful skin? Black garlic has numerous antioxidant components that prevent premature aging of the skin. In addition, it is given so many medicinal properties because it contains amino acids, both essential and non-essential, that contribute to the well-being of our skin.

These are the amino acids present in black garlic and its action on the skin:

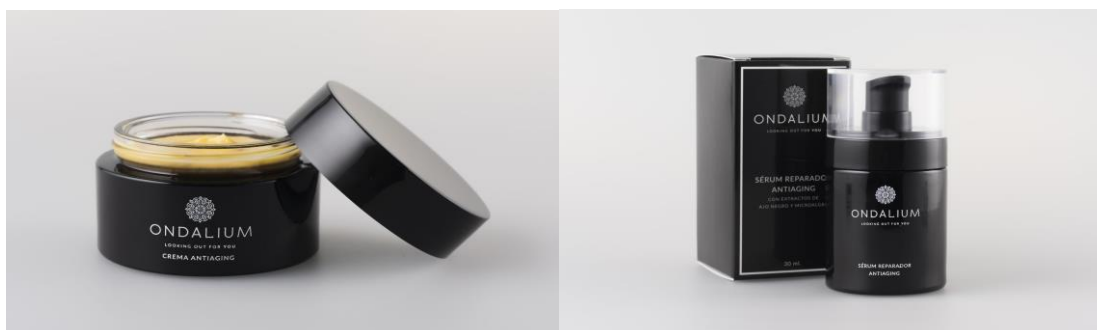
- **Lysine:** participates in cell repair, collagen synthesis and in the production of all muscle proteins along with vitamin C. It also improves the circulation of the scalp, which promotes hair growth.
- **Cysteine:** intervenes in the formation of the skin, contributing to the synthesis of collagen and the formation of muscles. It also acts as a protector against radiation and promotes the healing of burns.
- **Tyrosine:** protects and neutralizes free radicals, preventing premature aging of the skin. It also contributes to the formation of melanin, a pigment that gives color to the skin and hair.
- **Serine:** it is an important moisturizer for the skin. Its deficit can cause the lack of texture and elasticity. In addition, it helps in the growth of muscles.

To achieve a shiny and smooth skin, even in summer, we have developed a range of biocosmetics that you will love. Discover our day cream and our repair serum on our website. Both are antiaging and are made with 100% natural and vegan ingredients, so much that you could even eat them

Being natural products, its absorption in the skin is optimal, so the effects are appreciated from the first application: a more luminous skin, with a silky touch and great comfort, thanks to its moisturizing, nourishing and regenerating capacity. With our cream and our serum you will be able to stop the aging of the skin and the appearance of spots, wrinkles and flaccidity and you will be protected from the sun's rays, pollution or tobacco through its antioxidant capacity.

The concentrated extract of black garlic is one of the most powerful antioxidants that exist, becoming an ideal ally to treat skins with atopic problems and ensuring excellent results in the health care of the skin.

If your skin is suffering during the summer, let the black garlic extract help you.



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7. RD Natural: '[Serina](#)'.