# London's Top Facialists Rave About Ectoin for Hydrated and Soothed Skin



Ectoin, a new must-have skincare ingredient, has gained prominence among London’s top facialists for its super hydrating and anti-inflammatory properties. Discovered in microorganisms surviving under extreme conditions like deserts, ectoin acts as a protective measure against external elements. According to Teresa Tarmey, a facialist and founder, it strengthens the hydrolipid barrier, binds water, has anti-inflammatory effects, acts as an antioxidant, and absorbs UV radiation, making it beneficial for all skin types.

Clinical aesthetician Pam Marshall highlights ectoin’s dual action of hydrating and soothing the skin without blocking pores due to its low molecular weight. Its universal appeal and absence of contraindications make it suitable for year-round use on both face and body. Ectoin is also found in pharmaceuticals like nasal and eye drops.

For skincare enthusiasts seeking to incorporate ectoin into their routine, it is often recommended in serum or moisturizer forms to maximize its benefits. Users have reported glowing, stronger skin with regular use, specifically beneficial during periods of irritation or stress.

Additionally, beauty experts are recommending alternatives to retinol following new EU regulations limiting its concentration in over-the-counter products. Options include bakuchiol, rosehip oil, a combination of vitamin C and hyaluronic acid, and niacinamide. Each offers unique benefits such as diminishing pigmentation, reducing fine lines, and enhancing skin hydration without the drawbacks associated with retinoids. Recommended products featuring these ingredients are highlighted for their efficacy and ease of integration into daily skincare routines.