

BUSTLE

What Does Collagen Do For Your Skin? Here's How You Can Stimulate Its Production

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"Collagen" seems to be a sort of buzzword in the beauty world. There are plenty of products that promise to increase it, infuse it, support it, and stimulate it. But what exactly does collagen do for your skin? And why does everyone want more of it? To find out, I emailed with Dr. Marnie Nussbaum, NYC-based cosmetic dermatologist; Dr. Clarissa Shetler and Dr. Christine Falsetti, founders of C2 California Clean; and Pati Geraghty, Director of Education at Tu'el.

Peptides

Try: *Tu'el* Rescue Me Night Cream, \$56, *Tu'el*

In addition to vitamin C, Dr. Nussbaum adds that peptides are also efficient in stimulating collagen production. Geraghty explains, "peptides can act as a humectant and penetrate the top layers of the epidermis, minimize fine lines and wrinkles, and improve the overall texture of the skin."