

## Glycolic Acid Serums: Dermatologist's Secret to Youthful Skin

Published on 13 Sep 2025 | By IFI Correspondent



In the realm of skincare, glycolic acid serums have emerged as a powerful tool for achieving youthful and radiant skin. Renowned dermatologist Dr. Rinky Kapoor highlights the efficacy of glycolic acid, an alpha-hydroxy acid (AHA) derived from sugarcane, in promoting skin rejuvenation.

### What Is Glycolic Acid?

Glycolic acid boasts the smallest molecular size among AHAs, allowing it to penetrate the skin effectively. This characteristic makes it an excellent exfoliant, aiding in the removal of dead skin cells and promoting cell turnover. Dr. Kapoor emphasizes its role in unveiling clearer and more youthful skin.

### Benefits of Glycolic Acid Serums

#### 1. Gentle Exfoliation

Unlike abrasive scrubs that can cause micro-tears, glycolic acid provides a gentle exfoliation. It effectively removes dead skin cells, blackheads, and dirt, resulting in smoother and softer skin.

#### 2. Brighter and Even Skin Tone

Regular use of glycolic acid serums can diminish dark spots, sun damage, and post-acne scars. This leads to a more even skin tone and a radiant complexion.

#### 3. Enhanced Skin Texture

By stimulating collagen production and accelerating cell turnover, glycolic acid improves skin texture. This contributes to firmer and more youthful-looking skin.

### How to Incorporate Glycolic Acid Serums into Your Routine

To maximize the benefits of glycolic acid serums, consider the following tips:

- **Patch Test First:** Always perform a patch test to ensure your skin doesn't react adversely.
- **Start Slowly:** Begin with a lower concentration to allow your skin to acclimate.
- **Nighttime Application:** Apply the serum in your nighttime skincare routine, as AHAs can increase sun sensitivity.
- **Follow with Sunscreen:** During the day, use a broad-spectrum sunscreen to protect your skin from UV damage.

Glycolic acid serums are a valuable addition to any skincare regimen, offering benefits like gentle exfoliation, improved skin tone, and enhanced texture. By incorporating these serums thoughtfully, you can achieve a more youthful and

radiant complexion.

For more style updates & exclusive fashion stories follow [indiafashionicon.com](http://indiafashionicon.com)

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORISED REPRESENTATIVE/TRUNAL SAHUJI, TO WHICH EFFECT, PUBLICATION HOUSE/ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER.