

Beyond Vitamin C: Top Skincare and Haircare Alternatives

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For years, vitamin C has enjoyed its reputation as a go-to antioxidant for skin and hair. It fights free radicals, brightens the complexion and supports collagen production. However, as more people discover, the ingredient doesn't always deliver—or it becomes too harsh for sensitive skin. According to a recent piece in Lifestyle Asia, this is when the real question begins: *“What next?”*

Often, skin irritation, inconsistent results or even product instability (vitamin C oxidises easily) push users to seek alternatives. Rather than giving up on skincare or haircare entirely, experts recommend shifting gears and exploring new pathways of beauty support.

Smart Alternatives for Skin & Hair Support

Peptides & Barrier Builders

Peptides like copper tripeptide-1 or palmitoyl pentapeptide help support collagen production and skin repair—with less irritation than high-strength vitamin C. Combined with barrier ingredients (ceramides, lipids), they are helpful for skin that's become fragile from over-exfoliation or aggressive actives.

Adaptogens and Plant-Based Antioxidants

Botanical extracts such as *Withania somnifera* (ashwagandha) or saffron offer antioxidant support and stress buffering—particularly relevant when hair-health or scalp condition is tied to lifestyle. Moreover, these ingredients tend to be more stable than ascorbic acid in topical formulas.

Calm-Brighteners for Sensitive Skin

For those who found vitamin C too aggressive, ingredients like niacinamide, alpha-arbutin and viniferine (from grape sap) step in as gentler brighteners. They address hyper-pigmentation, support tone-evening and pair well with barrier-friendly routines

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