

## Manuka Honey: The Skin-Care Expert

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Skin-care brands and beauty editors are increasingly spotlighting Manuka honey — a special kind of honey sourced from the nectar of the Manuka plant in New Zealand — as a standout ingredient for its hydrating, antibacterial and barrier-repairing properties. While honey has long featured in beauty routines, manuka honey stands apart thanks to compounds such as methylglyoxal (MGO) that give it potent antimicrobial and soothing action.

### What the Experts Say

Dermatologists and skin-care analysts explain that manuka honey offers several key benefits:

- **Moisture retention & humectant action:** Honey acts as a humectant, drawing moisture into the skin and helping retain it.
- **Antimicrobial & soothing effect:** The high MGO content of manuka honey helps tackle bacteria and inflammation, making it useful for acne-prone or irritated skin.
- **Barrier support & repair:** Honey supports skin barrier health, which is essential for maintaining resilience, reducing sensitivity, and preventing moisture loss. For instance, one expert noted that manuka honey “is really potent—full of antioxidants and rich in enzymes—and balances the pH of the skin.”

### How to Integrate Manuka Honey Into Your Routine

To effectively harness the benefits of manuka honey in your skincare:

- Look for products that list manuka honey (or manuka honey extract) high in the ingredient list.
- Use in products tailored to your skin concern: moisturisers for dry skin, masks for revitalising, serums for brightening/dull skin.
- Patch-test first, especially if you have sensitive or eczema-prone skin, as even natural bio-active ingredients may trigger reactions.
- Complement with a good basic routine: gentle cleanser, sun protection, and then the honey-infused product to lock in the barrier.

- Be realistic: while trending, manuka honey is not a cure-all overnight — it's best seen as a valuable part of a well-rounded regimen.

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