

Why Tranexamic Acid Is Emerging as a Leading Solution for Hyperpigmentation

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If you've ever struggled with dark spots, uneven skin tone or melasma, you're likely familiar with the usual suspects—vitamin C, retinoids, hydroquinone. But now, tranexamic acid is gaining traction as a powerful alternative. According to a feature in Lifestyle Asia, "Tranexamic acid is the perfect solution for hyperpigmentation."

Originally used in medicine for its blood-clotting properties, tranexamic acid (often abbreviated TXA) has been discovered to affect pigment formation in the skin—offering dermatologists and skincare-lovers a fresh option.

How It Works: The Science Behind the Ingredient

Simply put: tranexamic acid disrupts the pathways that lead to excess pigment (melanin) production in the skin. According to a review, it inhibits the enzyme tyrosinase and disrupts signals between skin cells that cause the pigment-cascade.

In the Lifestyle Asia article, the mechanism is described as:

"[It] targets melanin production... through an anti-inflammatory and pigment-modulating route."

This is especially relevant for issues like:

- Melasma (brown patches on face)
- Post-inflammatory hyperpigmentation (after acne, injury)
- Sun-induced dark spots

Because its action is more targeted — vs broader bleaching agents — it tends to be gentler on skin while still offering meaningful results.

How to Use It & What to Expect

Routine Tips:

- Apply a TXA serum or product once daily (evening preferred) after cleansing and before moisturising. Lifestyle Asia emphasises consistency as key.

- Start slowly: If your skin is sensitive or you're layering actives (like retinoids, acids), use TXA alone for 2-3 weeks then gradually introduce others.
- Sunscreen remains non-negotiable: Without sun protection, dark spots may persist or return despite active treatment.
- Be patient: Typical visible changes occur between **8 to 16 weeks** of consistent use.

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