



Happy Hour Power

How the antioxidant properties of resveratrol (naturally found in red wine) can improve your complexion this summer

By Lora Grady

TAKE A STROLL through a picturesque vineyard and you'll witness one of nature's best beauty secrets in action. Resveratrol is an antioxidant plant compound found in grapes (and red wine) and it's become a superstar skincare ingredient, with mass and prestige brands harnessing its complexion-boosting qualities.

"Resveratrol is increasingly being used in skincare products because it has anti-inflammatory, antioxidant and even antimicrobial properties," says Dr. Benjamin Barankin, Toronto dermatologist, and medical director and founder of the Toronto Dermatology Centre. Dr. Barankin adds that resveratrol penetrates the skin well and stimulates fibroblasts, which increases concentrations of collagen. And summer is a great time to think about adding it to your routine, especially if you plan on spending a lot of time outside at the cottage or at the beach. "Resveratrol's antioxidant properties protect cells from oxidative damage caused by free radicals and UV radiation," says Dr. Barankin. That means it slows down the process of skin photoaging, reducing pigmentation and redness caused by the sun.

One brand that's become famous for using resveratrol is Caudalie; the French

skincare company's Resveratrol Lift Instant Firming Serum has gone viral on social media (the hashtag #resveratrollift has 6.9 million views on TikTok). The brand uses a patented resveratrol-based formula developed with Harvard University's Dr. David Sinclair. "Drawing from our vineyard roots, Caudalie focuses its ingredient selection around the powerful benefits of the grape," says Sasha Norgaard, Canadian director of sales for Caudalie. Resveratrol is vital to the health of the grape, helping to fight disease. "The ingredient is the reason that the plant can live for over 150 years," says Norgaard. The Resveratrol Life line stimulates skin's natural production of collagen and hyaluronic acid to re plump and firm skin that's experienced loss of volume. A clinical study showed that Caudalie's patented resveratrol formula is twice as effective as retinol for lifting and firming. Norgaard says to keep an eye out for new Resveratrol products from Caudalie later this year.

If you want to add resveratrol to your own skincare routine (or recommend it for a client), Dr. Barankin says it's a suitable ingredient for all ages and skin types, and can be used year-round. In fact, resveratrol can reduce the look of fine lines and wrinkles while improving elasticity in just 12 weeks. Cheers to that!

REMARKABLE RESVERATROL



This formula provides a non-irritating alternative to retinol. Caudalie's patented resveratrol works with hyaluronic acid, peptides and mahogany bark extract to firm and reduce the appearance of wrinkles.

CAUDALIE

Resveratrol Lift Instant Firming Serum, \$100, at Caudalie.com and Sephora.



Formulated with three percent resveratrol and three percent ferulic acid, this lightweight serum targets dullness and signs of aging for a brighter, smoother complexion.

THE ORDINARY

Resveratrol 3% + Ferulic Acid 3%, \$11.70, at TheOrdinary.com and Sephora.



This overnight face serum combines one percent resveratrol with 0.5 percent baicalin and one percent pure vitamin E for firmer, more radiant skin while you sleep.

SKINCEUTICALS

Resveratrol B E, \$208, at SkinCeuticals.ca and clinical spas.