



EVERYTHING YOU NEED TO KNOW ABOUT COLLAGEN

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If the holy grail product in your skin care regime doesn't include marine collagen as its main ingredient, then you've not yet met your true holy grail. But fear not, we're here to help you get on track to the beautifully plump and radiant skin, that you deserve.

In 2020, we've witnessed a huge surge in popularity for collagen supplements, after it swept across major, beauty guru channels on YouTube, last year. In fact, the entire market for collagen products is so vast right now, that it can feel overwhelming to try and navigate.

For those just starting to introduce collagen into their skin care routine, moisturisers and serums are an effective and easy place to start. And for those looking to amplify an already existing collagen regime, pills and powders might be the route for you.

If you're unfamiliar in this territory, collagen is a natural protein in our body that helps provide support and structure to our skin, bones, tendons and ligaments. It has scientifically proven, endless qualities to the overall performance of our body and can be further produced by nutrients including vitamin C, copper, proline and glycine, which are all absorbed in the foods we eat. Hence the saying, "we are what we eat".

Although, what people often aren't aware of is that in total there are 16 types of collagen. Yes, you heard correctly, 16. These are then narrowed down into four main types, I, II, III and IV, according to their function in our body.

Collagen usually comes in one of two formulas - bovine collagen or marine collagen. Marine collagen is sourced through fish skin and scales, and bovine through cow hide (grass-fed). According to many preliminary studies, marine collagen is better effective than bovine, as it's more efficiently absorbed into the skin. However, both will promote positive, anti-aging effects and help to improve the skins texture and elasticity.

A healthy diet that's rich in protein will contribute immensely to the collagen production in your body, which is vital as we pass through our 30s. But there are also many ways that your skin care products or supplements can speed up that process.

Which way you choose to consume it is entirely down to your preference. Some people like to take a pill for ease, whilst others prefer to add powder into their drinks. And many simply like to have it in their moisturisers and/or serums.

Aesthetics Doctor, Dr Nicola Rowntree professes that any collagen product is guaranteed to have some effect however big or small, so you've little to lose by trying it.

“ Our collagen levels start diminishing in our 30s, so anything which helps us to replenish them is good. ”

Marine collagen is environmentally friendly and sustainable as it uses parts of the fish that are typically thrown away. It still may not be the most desirable ingredient for our veggie and vegan friends, but for the pescatarians and carnivores, here are some of the products that we highly recommend, if you want to see real results:

Elemis Pro-Collagen Marine Cream (50ml)
RRP: £87.00



Elemis Pro-Collagen Marine Oil (15ml)
RRP: £67



Skinful Pure Marine Collagen Powder (300g)
RRP: £35



Youtheory Marine Collagen Tablets (160 tablets)
RRP: £17



Nutrakos Drinkable Sachets (30 sachets)
RRP: £49.99



See more from Dr Nicola Rowntree at [@Burbageaesthetics](https://www.instagram.com/Burbageaesthetics) on Instagram

