

## Skin Care- What Are AHAs and How Should You Use Them-1

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You must have heard of AHAs because anti-aging and skin care products added with AHAs are flooding the market. Alpha hydroxy acids have been used since ancient times to improve the skin. These acids are supposed to-

- 1) Smoothen fine lines and surface wrinkles,
- 2) Improve skin texture and tone, and
- 3) Unblock and cleanse pores.

AHAs also improve oily skin or acne, and improve skin condition in general. AHAs or Alpha Hydroxy Acids are not new to skin care. Legends of Cleopatra's milk baths are well known in beauty and skin care. Polynesians used sugarcane and fruit juices to soften their skin. The factor common to the properties of these natural products is this group of natural substances found in sugarcane, fruits, milk, molasses, etc., called AHA.

What are AHA molecules?

To find out if a cosmetic contains an AHA, look on the list of ingredients. AHA ingredients may be listed as:

Glycolic acid, lactic acid, malic acid, citric acid, glycolic acid + ammonium glycolate, alpha-hydroxyethanoic acid + ammonium alpha-hydroxyethanoate, alpha-hydroxyoctanoic acid, alpha-hydroxycaprylic acid, hydroxycaprylic acid, mixed fruit acid, tri-alpha hydroxy fruit acids, triple fruit acid, sugarcane extract, alpha hydroxy and botanical complex, L-alpha hydroxy acid glycomer in cross linked fatty acids alpha nutrium (three AHAs).

In the next part of this article we will find out how AHAS work to improve the skin, the side effects of AHAs, whether you can use them, and the common AHA molecules that are added to skin care products.

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### About the Author

DoctorGoodSkin.com is a popular [skin care](#) guide where you can find a lot of information, articles and tips about acne, skin care, STDs, skin diseases and conditions, skin treatments, procedures, skin care products, etc. If you love solving [quizzes](#) and tests, visit funquizcards. Myspace users, click [myspace comments](#) such as compliments, cool comments, flirty, birthday, holidays, religion, funny, cute, etc.

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