

AZELAIC ACID



Azelaic is a type of dicarboxylic acid, which is obtained from cereal species, such as wheat, barley or rye.

It is therefore a natural acid. Due to its antibacterial, anti-inflammatory, antioxidant and depigmenting properties, it is used to treat some types of acne, improve blemishes, reduce redness in sensitive skin and refine skin texture.

- Azelaic acid acts on acne vulgaris, from mild to moderate, thanks to its anti-inflammatory and bactericidal action, it acts on the bacteria that causes acne (*P. acnes*), altering its pH. It also has antiseborrheic properties, helping to reduce excess sebum, common in oily skin and one of the factors in the development of acne. On the other hand, azelaic acid also has keratolytic properties, that is, it helps to reduce the thickening of the skin, favoring that the pores are not clogged.
- Its anti-inflammatory properties and its good tolerance on sensitive skin make it an effective ingredient for treating the imperfections caused by rosacea. Azelaic acid reduces the swelling and redness that this skin disease causes, as well as other lesions, such as pimples.
- On the other hand, azelaic acid also stands out for its antioxidant and depigmenting properties, by inhibiting the enzyme tyrosinase, responsible for the production of melanin (which, when activated, causes dark spots on the skin). It is used, above all, to treat pigmentations such as melasma.

What skin is azelaic acid recommended for?

The great advantage of azelaic acid over other acids is its excellent tolerance. Although it also works by exfoliating, it is very gentle, and is therefore an ingredient that can be used by all skin types, including sensitive ones. Another of its advantages is that it can be used by pregnant or lactating women, without risk.

Of course, in hypersensitive skin, it is advisable to start using it on alternate days and see how it reacts.

It is usually used in concentrations between 4 and 20% (by prescription from 10%). So in dermocosmetic products it will always be a concentration of 10% at most.