

3 Amazing Beauty Ingredients from the Sea (And How To Use Them!)

This is an article/advertorial created for an online beauty newsletter. Coding/links have been removed.

We're all looking for that perfect face cream, a time-reversing eye treatment that really works, and the legendary "fountain of youth" that will restore and rejuvenate our skin from the inside out.

But maybe we've been looking in the wrong places...

Maybe instead of a lab, we should be looking under a rock, preferably one that's at the bottom of the sea... because Mother Nature makes the best skin care you can find!

Here's our list of top beauty ingredients from the sea... and tips for how to make it work for you!

Algae

Algae is basically seaweed, and it comes in all shapes and sizes. This seemingly unremarkable plant is packed full of nutrients and minerals that do wonderful things for your skin, making it a must-have in your daily beauty routine. But which algae do you need?

Brown algae is probably the most popular variety, simply because of the many benefits it provides. Brown algae restores firmness and elasticity, it's a powerful anti-inflammatory AND it's a super antioxidant, so it's a formidable ally against damage from free radicals. Try *MAC Studio Moisture Cream* and *Bobbi Brown's Hydrating Face Cream*. Both contain a proprietary brown algae extract and deliver a powerful moisture-packed boost to your face.

Red Algae on the other hand, is best known for its healing properties and ability to stimulate collagen production. It's also the key ingredient in Tatcha's *Luminous* line of skin care products and it's the secret behind the protective and restorative benefits of *Lorac's CC Cream*.

And what about **green (or blue-green) algae**? Also known as Spirulina, this wonderful little variety is a great source of chlorophyll, known for its ability to smooth and hydrate the skin. It's also an excellent cleanser and contains Vitamin E, making it another good anti-aging resource. Try *Dr. Alkaitis Organic Universal Mask* for your face and *Aubrey Organics Blue Green Algae Intensive Hair Repair Mask* for your locks.

Also try *Oskia Super 16 Pro-Collagen Super Serum* and you can use the *Pure Minimiser Facial Masque* from Laidbare to reduce your pores and detox your skin.

Caviar

Yes, caviar! Best known as the little hors d'oeuvres with the big price tag, caviar offers amazing benefits to your skin. The cell structure is very close to that of human cells, so regular caviar treatments can promote healing, rejuvenate and slow down signs of aging. It's also a great protein boost, giving your skin that healthy glow!

Try *Skin Caviar Instant Mini Lift* and for the eyes, *Essence of Skin Caviar Eye Complex*, both from the La Prairie Skin Caviar line.

And in case you're wondering if caviar can work some magic for those tired locks too, the answer is yes! Try *Alterna's Caviar Repair Kit*, including a caviar-infused shampoo, conditioner and re-texturizing protein cream.

Sea Salts

Unlike ordinary salt, sea salt has tons of beneficial minerals – such as magnesium and calcium – that do wonders for your skin and hair.

Start with *Red Flower Bioactive Berry White Peat Scrub* to smooth and exfoliate your entire body and try *Ahava's Natural Dead Sea Body Mud* to detox your skin.

And here's a super-simple P.S. —

To get those sexy, windblown “beach” waves, try *Paul Mitchell's Awapuhi Texturizing Sea Spray*. It protects your hair from UV rays while smoothing your strands with keratin proteins. Tousled tresses have never looked so great!