


The Best Anti-Aging Ingredients From the Sea

Here's another justification to hit the beach: Some of nature's most powerful anti-aging compounds can be found beneath the waves. Find out which marine plants and minerals can keep your skin calm, clear, and smooth.

By Bora Chang

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The best anti-aging ingredients don't have to come from labs and test tubes. Some of the most powerful weapons against lines, wrinkles, inflammation, and sagging skin come from the sea.

Substances from the ocean have proved tough in surviving the harsh marine environment. "Sea life grows in salt water, withstands the sun and other extreme weather conditions, and yet still maintains hydration," says New York City plastic surgeon Stafford R. Broumand.

We asked the experts which marine ingredients are the best for your skin. Find out why the solutions to your skin problems might lie beneath the sea.

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Sea Fennel

An edible plant that grows on the coastlines of the Mediterranean, sea fennel is rich in **chlorogenic acid**, an antioxidant compound that helps scavenge and fight off the free radicals that lead to skin damage and aging. According Dr. Broumand, sea fennel can also lighten areas of excessive pigmentation.

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Sea Holly

Sea holly supports and strengthens the epidermal-dermal junction, where your epidermis (or outer skin layer) is connected to the dermis (the deeper skin layer). "This boosts epidermal cell activity, which in turn improves skin texture, hydration, and firmness."