

10 Must-Try Hyaluronic Acid Products That Are The Clear Choice

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When it comes to achieving plump and dewy skin, hyaluronic acid (HA) has long been a go-to ingredient in helping the skin to retain water. A key molecule in skin aging, it works to repair tissue, promote and moderate inflammation, and improve wound repair. “Hyaluronic acid is one of the most important components in our cellular makeup,” says Shannon Esau, CEO and national educator of [Rhonda Allison Cosmeceuticals](#). “It’s found in the skin, cartilage, and clear protective gel in our eyes, and it’s absolutely essential to our skin’s ability to retain water and carry waste away from our cells.”

1. “Although healthy, normal skin has relatively high concentrations of HA in the basal layer of the epidermis, the production of it can be affected by age and various environmental elements,” says Esau. “Take, for example, UV exposure. As UV damage occurs, production of hyaluronic acid in the cells of the dermis slows, decreasing the skin’s ability to prevent trans-epidermal water loss, which leaves skin dry and depleted.”

7. Hyaluronic Serum from [Rhonda Allison](#)

