
Professional Certificate in Korean Skincare Trends (Part II) (United Kingdom)

Skin Barrier Restoration Strategies

A

Acerola Cherry Extract

Related Terms: Vitamin C, Antioxidant, Brightening

Explanation: Acerola cherry is a potent natural source of Vitamin C, which plays a critical role in skin barrier restoration by stimulating collagen synthesis and neutralizing free radicals. In the context of Korean skincare trends, this ingredient is often highlighted for its ability to repair oxidative damage that compromises the stratum corneum. Self-paced reading materials emphasize that while Vitamin C is powerful, its stability can be an issue; therefore, formulations often pair it with ferulic acid or vitamin E to enhance efficacy.

Knowledge checks may ask learners to identify the primary benefit of acerola cherry beyond brightening, which is its supportive role in maintaining the integrity of the skin's protective layer. Optional self-reflection might involve reviewing one's current use of Vitamin C products to assess if they are causing irritation due to low pH, which can hinder barrier recovery.

Adenosine

Related Terms: Anti-aging, ATP, Cell Energy

Explanation: Adenosine is a naturally occurring nucleoside that is increasingly popular in Korean skincare for its anti-aging and soothing properties. It helps in barrier restoration by promoting cellular energy production and reducing inflammation. The course materials explain that adenosine works by improving the skin's metabolic rate, which aids in the repair of damaged barrier structures. Learners are encouraged to read about how adenosine differs from retinol in that it provides anti-aging benefits without the associated irritation or sensitivity. Knowledge checks often focus on the mechanism of action, specifically how adenosine supports the skin's natural repair processes during sleep. Self-reflection prompts may ask students to consider their evening routine and whether they are incorporating ingredients that support overnight cellular repair.

AHA (Alpha Hydroxy Acid)

Related Terms: Exfoliation, Glycolic Acid, Lactic Acid, Barrier Disruption

Explanation: AHAs are water-soluble acids derived from sugary fruits and milk. While effective for exfoliation, they can compromise the skin barrier if overused. The glossary entry details the balance required in using AHAs for barrier restoration, emphasizing that low concentrations can help remove dead skin cells that clog pores and prevent other restorative ingredients from penetrating. However, high concentrations or frequent use can strip the lipid matrix. Reading materials guide learners through understanding the pH levels of AHA products and how to choose gentle variants like lactic acid for sensitive or compromised skin. Knowledge checks test the ability to distinguish between different AHAs and their

specific impacts on barrier function. Self-reflection involves auditing one's exfoliation frequency to ensure it does not exceed the skin's recovery capacity.

Allantoin

Related Terms: Soothing, Keratolytic, Comfrey Root

Explanation: Allantoin is a sulfur-containing compound derived from the comfrey plant, known for its soothing and healing properties. It is a staple in Korean skincare for barrier restoration due to its ability to promote cell proliferation and soften keratin. The course content explains that allantoin helps to calm irritated skin and reduce redness, creating a favorable environment for barrier repair. Learners study how allantoin works synergistically with other soothing agents like panthenol. Knowledge checks may require identifying the primary function of allantoin in a formulation, which is often to mitigate irritation from active ingredients. Self-reflection prompts encourage students to identify products in their routine that contain allantoin and assess their effectiveness in calming reactive skin.

Alpha-Bisabolol

Related Terms: Chamomile, Anti-inflammatory, Soothing

Explanation: Alpha-bisabolol is a natural terpene alcohol found in chamomile essential oil. It is highly regarded in Korean skincare for its potent anti-inflammatory and soothing effects. In barrier restoration strategies, it is used to reduce transepidermal water loss (TEWL) and calm inflammation caused by barrier damage. The reading materials detail its ability to enhance the penetration of other active ingredients while minimizing irritation. Knowledge checks focus on its role in reducing sensitivity and redness. Self-reflection involves considering how environmental stressors affect skin inflammation and whether alpha-bisabolol could be a beneficial addition to a calming routine.

Antioxidants

Related Terms: Free Radicals, Oxidative Stress, Vitamin E, Green Tea

Explanation: Antioxidants are molecules that neutralize free radicals, which are unstable atoms that can damage skin cells and weaken the barrier. Korean skincare trends emphasize a wide array of antioxidants, including vitamins C and E, green tea extract, and resveratrol. The course explains that oxidative stress is a primary cause of barrier degradation, making antioxidants essential for prevention and repair. Learners explore how different antioxidants work together to provide comprehensive protection. Knowledge checks may ask for examples of antioxidant-rich ingredients and their specific benefits. Self-reflection prompts students to evaluate their exposure to oxidative stressors, such as pollution and UV rays, and assess their current antioxidant intake through skincare.

Aquaphor

Related Terms: Occlusive, Petrolatum, Humectant

Explanation: While not exclusively a Korean ingredient, petrolatum-based products like Aquaphor are frequently discussed in the context of "slugging," a trend popularized in Korean beauty. As an occlusive, it forms a protective barrier on the skin, preventing water loss. The glossary entry clarifies that while effective for sealing in moisture, it should be used cautiously on acne-prone skin. Reading materials guide learners

on how to layer humectants and emollients before applying an occlusive for optimal barrier restoration. Knowledge checks test the understanding of the order of application in a skincare routine. Self-reflection involves experimenting with slugging on dry patches to observe its hydrating effects.

Avene Thermal Spring Water

Related Terms: Mineral-rich, Soothing, Micellar Water

Explanation: Although French in origin, thermal spring waters are widely used in Korean skincare routines for their soothing and mineral-rich properties. They help to calm irritated skin and restore the skin's natural pH balance. The course materials highlight the role of minerals like selenium and silicon in supporting barrier function. Learners read about how misting the face with thermal water can provide immediate relief from dryness and irritation. Knowledge checks may focus on the difference between thermal water and plain water in terms of skin benefits. Self-reflection encourages students to incorporate a soothing mist into their routine and monitor changes in skin comfort.

Azelaic Acid

Related Terms: Anti-inflammatory, Acne, Rosacea

Explanation: Azelaic acid is a dicarboxylic acid that offers anti-inflammatory, antibacterial, and keratolytic properties. It is beneficial for barrier restoration in individuals with acne or rosacea, as it helps to reduce inflammation and normalize skin cell turnover without excessive dryness. The reading materials explain its gentle nature compared to other acids, making it suitable for sensitive skin. Knowledge checks assess the learner's understanding of its dual role in treating blemishes and soothing inflammation. Self-reflection prompts students to consider if their skin concerns align with the benefits of azelaic acid.

B

Barrier Function

Related Terms: Stratum Corneum, TEWL, Lipid Matrix

Explanation: The barrier function refers to the skin's ability to protect against external aggressors and prevent water loss. It is primarily located in the stratum corneum, the outermost layer of the epidermis. Korean skincare philosophy places immense importance on maintaining a healthy barrier as the foundation of all skincare efforts. The course details the structure of the barrier, including the "brick and mortar" analogy, where corneocytes are bricks and lipids are mortar. Learners study how damage to this structure leads to sensitivity, dryness, and breakouts. Knowledge checks test the understanding of the components of the barrier. Self-reflection involves assessing personal skin symptoms to identify potential barrier compromise.

Bakuchiol

Related Terms: Retinol Alternative, Plant-derived, Anti-aging

Explanation: Bakuchiol is a plant-derived compound that offers similar anti-aging benefits to retinol but without the irritation. It is increasingly popular in Korean skincare for barrier-friendly anti-aging. The glossary entry explains that bakuchiol stimulates collagen production and improves skin texture while

supporting barrier integrity. Reading materials compare its stability and tolerability to retinol. Knowledge checks focus on its mechanism of action and suitability for sensitive skin. Self-reflection prompts students to consider if they have experienced irritation from retinol and whether bakuchiol might be a suitable alternative.

Beta-Glucan

Related Terms: Mushroom Extract, Hydration, Soothing

Explanation: Beta-glucan is a polysaccharide derived from yeast, oats, and mushrooms. It is a powerhouse ingredient in Korean skincare for hydration and barrier repair. It forms a breathable film on the skin, locking in moisture and protecting against environmental stressors. The course explains its ability to stimulate the immune system of the skin, promoting faster healing of damaged barriers. Learners explore its synergistic effects with hyaluronic acid. Knowledge checks may ask about the sources of beta-glucan and its primary benefits. Self-reflection involves evaluating the hydration levels of the skin and considering beta-glucan for intense moisture support.

Biodiversity in Skincare

Related Terms: Sustainable Ingredients, Eco-friendly, Natural Extracts

Explanation: This concept refers to the use of diverse, natural ingredients sourced responsibly to support skin health and environmental sustainability. Korean skincare trends increasingly highlight unique botanicals from different regions. The reading materials discuss how biodiversity contributes to the discovery of new active ingredients for barrier restoration. Knowledge checks test the understanding of sustainable sourcing practices. Self-reflection encourages learners to research the origins of their skincare ingredients.

Bio-fermented Ingredients

Related Terms: Galactomyces, Bifida Ferment, Probiotics

Explanation: Bio-fermentation is a process where microorganisms break down larger molecules into smaller, more bioavailable components. This is a hallmark of Korean skincare, enhancing the efficacy of ingredients like rice, soy, and ginseng. The course explains that fermented ingredients are gentler on the skin and improve barrier function by balancing the skin microbiome. Learners study the benefits of galactomyces and bifida ferment lysate. Knowledge checks focus on the advantages of fermentation in skincare. Self-reflection involves identifying fermented products in one's routine and assessing their impact on skin clarity and comfort.

Bifida Ferment Lysate

Related Terms: Probiotic, Repair, Microbiome

Explanation: Bifida ferment lysate is a probiotic ingredient derived from the fermentation of bifidobacteria. It is renowned for its ability to repair the skin barrier and strengthen the skin's immune system. The glossary entry details its role in reducing sensitivity and improving skin resilience. Reading materials highlight its use in high-end Korean serums for barrier restoration. Knowledge checks assess the learner's understanding of probiotics in skincare. Self-reflection prompts students to consider the role of the skin microbiome in overall skin health.

Blue Tansy

Related Terms: Chamazulene, Anti-inflammatory, Soothing

Explanation: Blue tansy is an essential oil known for its striking blue color and potent anti-inflammatory properties. It contains chamazulene, which helps to calm irritated skin and reduce redness. In Korean skincare, it is used for barrier restoration in sensitive or reactive skin types. The course explains its soothing mechanism and compatibility with other calming ingredients. Knowledge checks focus on its primary active component and benefits. Self-reflection involves assessing skin sensitivity and considering blue tansy as a soothing agent.

Botanical Extracts

Related Terms: Herbal, Plant-based, Natural

Explanation: Botanical extracts are ingredients derived from plants, such as leaves, roots, and flowers. Korean skincare utilizes a wide variety of botanicals for their specific benefits, including hydration, soothing, and antioxidant protection. The reading materials discuss the importance of selecting the right botanicals for barrier restoration. Knowledge checks test the recognition of common botanical ingredients and their functions. Self-reflection encourages learners to explore the benefits of plant-based skincare.

Brightening

Related Terms: Hyperpigmentation, Even Tone, Vitamin C

Explanation: Brightening refers to the process of improving skin tone and reducing dark spots. While often associated with lightening, in the context of barrier restoration, it involves ensuring that brightening agents do not compromise the barrier. The course explains that a healthy barrier is essential for even skin tone, as inflammation can lead to post-inflammatory hyperpigmentation. Learners study gentle brightening ingredients that support barrier health. Knowledge checks focus on the relationship between barrier integrity and skin tone. Self-reflection prompts students to evaluate their brightening routine for potential irritants.

Buckwheat Extract

Related Terms: Antioxidant, Soothing, Korean Beauty

Explanation: Buckwheat extract is a popular ingredient in Korean skincare, known for its antioxidant and soothing properties. It helps to protect the skin from environmental damage and calm irritation. The glossary entry highlights its role in supporting barrier function by reducing oxidative stress. Reading materials discuss its traditional use in Korean medicine. Knowledge checks assess the learner's understanding of its benefits. Self-reflection involves considering the inclusion of traditional Korean ingredients in one's routine.

C

Ceramides

Related Terms: Lipids, Moisture Barrier, Dry Skin

Explanation: Ceramides are lipid molecules that make up a significant portion of the skin's barrier. They act

as the "mortar" between skin cells, preventing water loss and protecting against external irritants. Korean skincare emphasizes the replenishment of ceramides for barrier restoration. The course details the different types of ceramides and their specific functions. Learners study how ceramide-rich products can repair damaged barriers. Knowledge checks test the understanding of the role of ceramides in skin health. Self-reflection prompts students to assess their skin's lipid levels and consider ceramide supplementation.

Centella Asiatica

Related Terms: Cica, Tiger Grass, Soothing, Healing

Explanation: Centella asiatica, also known as Cica or Tiger Grass, is a cornerstone of Korean skincare for barrier restoration. It contains active compounds like madecassoside and asiaticoside, which promote collagen synthesis and wound healing. The reading materials explain its soothing and anti-inflammatory properties, making it ideal for sensitive and damaged skin. Knowledge checks focus on the specific active components of Centella and their benefits. Self-reflection involves evaluating the use of Cica products in calming reactive skin.

Chamomile Extract

Related Terms: Soothing, Anti-inflammatory, Calming

Explanation: Chamomile extract is widely used for its soothing and anti-inflammatory effects. It helps to reduce redness and irritation, supporting barrier recovery. The course explains its role in calming sensitive skin and its compatibility with other restorative ingredients. Self-reflection prompts students to consider chamomile as a gentle soothing agent.

Cica

Related Terms: Centella Asiatica, Healing, Repair

Explanation: Cica is a shorthand term for Centella asiatica, widely used in Korean skincare marketing. It signifies ingredients that promote healing and barrier repair. The glossary entry clarifies the terminology and its association with soothing and restorative properties. Reading materials discuss the popularity of Cica in Korean beauty trends. Knowledge checks test the recognition of Cica as an ingredient. Self-reflection involves identifying Cica products in one's routine.

Cleansing Oil

Related Terms: Double Cleansing, Emollient, Makeup Remover

Explanation: Cleansing oil is a key component of the double cleansing method in Korean skincare. It helps to dissolve makeup and sunscreen without stripping the skin's natural oils. The course explains how proper cleansing is essential for barrier health, as harsh cleansers can damage the lipid matrix. Learners study the benefits of using gentle cleansing oils. Knowledge checks focus on the correct order of cleansing. Self-reflection prompts students to evaluate their cleansing routine for gentleness.

Collagen

Related Terms: Elasticity, Anti-aging, Structure

Explanation: Collagen is a protein that provides structure and elasticity to the skin. While topical collagen

cannot penetrate deeply, it helps to hydrate and protect the surface barrier. Korean skincare often includes collagen in moisturizers for its humectant properties. The reading materials discuss the role of collagen in skin aging and barrier integrity. Knowledge checks assess the understanding of topical vs. Internal collagen. Self-reflection involves considering the role of hydration in maintaining skin elasticity.

Comedogenic

Related Terms: Pore-clogging, Acne, Non-comedogenic

Explanation: Comedogenic refers to ingredients that have the potential to clog pores and cause breakouts. In barrier restoration, it is important to choose non-comedogenic products to avoid further skin issues. The course explains how to identify comedogenic ingredients and select suitable products for acne-prone skin. Knowledge checks test the understanding of comedogenic ratings. Self-reflection prompts students to review their product labels for comedogenic ingredients.

Conditioning

Related Terms: Softening, Hydration, Smoothing

Explanation: Conditioning in skincare refers to the process of softening and smoothing the skin, often through the use of emollients and humectants. It is a crucial step in barrier restoration, as it helps to improve the skin's texture and comfort. The reading materials discuss the role of conditioning agents in maintaining barrier health. Knowledge checks focus on the difference between conditioning and moisturizing. Self-reflection involves assessing the texture of the skin and the need for conditioning.

Concentrates

Related Terms: Serums, Potency, Active Ingredients

Explanation: Concentrates are skincare products with high levels of active ingredients. They are used to target specific skin concerns, including barrier damage. Korean skincare often features concentrated serums for intensive repair. The course explains how to use concentrates effectively without causing irritation. Knowledge checks assess the learner's understanding of product potency. Self-reflection prompts students to consider the frequency of using concentrates.

Cooling Agents

Related Terms: Mint, Camphor, Soothing

Explanation: Cooling agents provide a refreshing sensation and help to reduce inflammation. They are often used in Korean skincare for immediate relief from irritation. The glossary entry details their role in soothing the skin and supporting barrier comfort. Reading materials discuss the appropriate use of cooling agents. Knowledge checks focus on their benefits and potential sensitivities. Self-reflection involves considering the use of cooling agents for reactive skin.

Creams

Related Terms: Moisturizer, Occlusive, Emollient

Explanation: Creams are emulsions of oil and water that provide hydration and barrier protection. They are essential for locking in moisture and repairing the skin barrier. Korean skincare offers a wide variety of

creams for different skin types. The course explains the formulation of creams and their role in barrier restoration. Knowledge checks test the understanding of cream textures and benefits. Self-reflection prompts students to choose the right cream for their skin type.

D

Daily Sunscreen

Related Terms: UV Protection, SPF, Barrier Defense

Explanation: Daily sunscreen is crucial for protecting the skin barrier from UV damage, which can weaken its structure. Korean sunscreens are known for their lightweight textures and cosmetic elegance. The reading materials emphasize the importance of daily sun protection for barrier health. Knowledge checks focus on the types of UV filters and their benefits. Self-reflection involves assessing daily sunscreen habits.

Deep Cleansing

Related Terms: Exfoliation, Pore Care, Clarifying

Explanation: Deep cleansing involves removing impurities from within the pores. While important, it must be done gently to avoid barrier damage. Korean skincare trends advocate for balanced deep cleansing. The course explains how to achieve clean skin without compromising the barrier. Knowledge checks assess the understanding of gentle deep cleansing methods. Self-reflection prompts students to evaluate their cleansing intensity.

Dermatitis

Related Terms: Inflammation, Sensitivity, Eczema

Explanation: Dermatitis is a condition characterized by skin inflammation. Barrier restoration strategies are essential for managing dermatitis. The glossary entry discusses how Korean skincare ingredients can help soothe and repair dermatitis-affected skin. Reading materials highlight the importance of gentle, non-irritating products. Knowledge checks focus on the symptoms and management of dermatitis. Self-reflection involves considering skin conditions and appropriate care.

Detoxifying

Related Terms: Purifying, Clay, Charcoal

Explanation: Detoxifying refers to the removal of toxins and impurities from the skin. Korean skincare uses natural ingredients like clay and charcoal for detoxification. The course explains how detoxifying treatments can support barrier health by preventing clogged pores. Knowledge checks assess the understanding of detoxifying ingredients. Self-reflection prompts students to consider the need for detoxification in their routine.

Dewy Skin

Related Terms: Hydration, Glow, Moisture

Explanation: Dewy skin is a popular aesthetic in Korean beauty, characterized by a hydrated and glowing appearance. Achieving dewy skin requires a healthy barrier. The reading materials discuss the role of

hydration and barrier repair in achieving this look. Knowledge checks focus on the ingredients that promote a dewy finish. Self-reflection involves assessing skin hydration levels.

Digital Skincare

Related Terms: Apps, AI, Personalization

Explanation: Digital skincare involves the use of technology, such as apps and AI, to personalize skincare routines. Korean brands are leaders in this trend. The course explains how digital tools can help identify skin needs and recommend barrier-restoring products. Knowledge checks assess the understanding of digital skincare benefits. Self-reflection prompts students to explore digital skincare resources.

Dry Skin

Related Terms: Dehydration, Flaking, Tightness

Explanation: Dry skin is characterized by a lack of oil and moisture, often indicating a compromised barrier. Korean skincare offers specialized products for dry skin. The glossary entry details the causes and management of dry skin. Reading materials highlight the importance of lipid replenishment. Knowledge checks focus on the difference between dry and dehydrated skin. Self-reflection involves assessing skin dryness and adjusting the routine.

Dual Cleansing

Related Terms: Double Cleansing, Oil Cleanser, Water Cleanser

Explanation: Dual cleansing, or double cleansing, is a two-step cleansing method using an oil-based cleanser followed by a water-based cleanser. It ensures thorough cleansing without stripping the barrier. The course explains the benefits of this method for barrier health. Knowledge checks test the understanding of the double cleansing process. Self-reflection prompts students to adopt or refine their double cleansing routine.

E

Emollients

Related Terms: Softening, Smoothing, Lipids

Explanation: Emollients are ingredients that soften and smooth the skin by filling in gaps between skin cells. They are essential for barrier restoration. Korean skincare utilizes various emollients, including natural oils and synthetic lipids. The reading materials discuss the role of emollients in improving skin texture. Knowledge checks assess the understanding of emollient functions. Self-reflection involves identifying emollients in one's products.

Encapsulation

Related Terms: Stability, Delivery, Active Ingredients

Explanation: Encapsulation is a technology used to protect active ingredients and enhance their delivery into the skin. It improves the stability and efficacy of barrier-restoring ingredients. The course explains how encapsulation works in Korean skincare formulations. Knowledge checks focus on the benefits of

encapsulated ingredients. Self-reflection prompts students to consider the technology behind their products.

Environmental Stressors

Related Terms: Pollution, UV, Climate

Explanation: Environmental stressors, such as pollution and UV radiation, can damage the skin barrier. Korean skincare emphasizes protection against these factors. The glossary entry details the impact of environmental stressors on skin health. Reading materials discuss protective strategies. Knowledge checks assess the understanding of environmental impacts. Self-reflection involves assessing exposure to stressors and protective measures.

Essence

Related Terms: Hydration, Lightweight, Treatment

Explanation: Essence is a lightweight, hydrating treatment used after cleansing and toning. It is a staple in Korean skincare for boosting hydration and preparing the skin for subsequent products. The course explains the role of essence in barrier support. Knowledge checks test the understanding of essence vs. Toner. Self-reflection prompts students to incorporate an essence into their routine.

Exfoliation

Related Terms: AHAs, BHAs, Cell Turnover

Explanation: Exfoliation removes dead skin cells to reveal smoother skin. However, over-exfoliation can damage the barrier. Korean skincare advocates for gentle, regular exfoliation. The reading materials discuss the balance between exfoliation and barrier health. Knowledge checks assess the understanding of exfoliation frequency. Self-reflection involves evaluating exfoliation habits.

F

Fermentation

Related Terms: Bio-fermented, Probiotics, Enzymes

Explanation: Fermentation is a process that enhances the potency and gentleness of skincare ingredients. It is a key trend in Korean beauty. The glossary entry explains the benefits of fermented ingredients for barrier restoration. Reading materials discuss the science behind fermentation. Knowledge checks focus on the advantages of fermented products. Self-reflection prompts students to explore fermented skincare.

Fine Lines

Related Terms: Aging, Wrinkles, Prevention

Explanation: Fine lines are early signs of aging that can be exacerbated by a compromised barrier. Korean skincare focuses on prevention and hydration. The course explains how barrier health influences the appearance of fine lines. Knowledge checks assess the understanding of anti-aging strategies. Self-reflection involves considering preventive measures.

Flakiness

Related Terms: Dryness, Peeling, Barrier Damage

Explanation: Flakiness is a symptom of a damaged skin barrier. It indicates a lack of moisture and lipid integrity. Korean skincare offers solutions to restore the barrier and reduce flakiness. The reading materials discuss the causes and treatments of flakiness. Knowledge checks focus on barrier repair strategies. Self-reflection prompts students to address flakiness in their routine.

Free Radicals

Related Terms: Oxidative Stress, Antioxidants, Damage

Explanation: Free radicals are unstable molecules that damage skin cells and weaken the barrier. Antioxidants neutralize free radicals. The course explains the role of antioxidants in barrier protection. Knowledge checks assess the understanding of oxidative stress. Self-reflection involves considering antioxidant intake.

G

Galactomyces

Related Terms: Fermented, Yeast, Brightening

Explanation: Galactomyces is a fermented yeast extract popular in Korean skincare. It improves skin texture, brightness, and barrier function. The glossary entry details its benefits and sources. Reading materials discuss its popularity in essences and serums. Knowledge checks focus on its properties. Self-reflection prompts students to try galactomyces products.

Ginseng

Related Terms: Adaptogen, Anti-aging, Korean Herb

Explanation: Ginseng is a traditional Korean herb known for its anti-aging and revitalizing properties. It supports skin health and barrier integrity. The course explains its role in Korean skincare. Knowledge checks assess the understanding of ginseng benefits. Self-reflection involves considering herbal ingredients.

Glycolic Acid

Related Terms: AHA, Exfoliation, Penetration

Explanation: Glycolic acid is a small-molecule AHA that penetrates deeply into the skin. It is effective for exfoliation but can be harsh on the barrier. Korean skincare often recommends gentler alternatives. The reading materials discuss the use of glycolic acid for barrier restoration. Self-reflection prompts students to assess their use of glycolic acid.

Glow

Related Terms: Radiance, Hydration, Health

Explanation: Glow refers to the radiant appearance of healthy, well-hydrated skin. A strong barrier is essential for achieving a natural glow. The course explains the relationship between barrier health and skin glow. Knowledge checks assess the understanding of glow-enhancing ingredients. Self-reflection involves assessing skin radiance.

H

Hyaluronic Acid

Related Terms: Hydration, Humectant, Moisture

Explanation: Hyaluronic acid is a powerful humectant that attracts and retains moisture. It is essential for hydrating the skin and supporting the barrier. Korean skincare offers various molecular weights of hyaluronic acid. The reading materials discuss its role in barrier restoration. Knowledge checks focus on its functions. Self-reflection prompts students to evaluate their hydration routine.

Humectants

Related Terms: Moisture-attracting, Glycerin, Hyaluronic Acid

Explanation: Humectants attract water to the skin, helping to maintain hydration. They are crucial for barrier health. The course explains the role of humectants in skincare formulations. Knowledge checks assess the understanding of humectant types. Self-reflection involves identifying humectants in one's products.

I

Irritation

Related Terms: Sensitivity, Redness, Inflammation

Explanation: Irritation is a sign of barrier damage or sensitivity. Korean skincare emphasizes soothing and repairing irritated skin. The glossary entry details the causes and management of irritation. Reading materials discuss gentle skincare practices. Knowledge checks focus on identifying irritants. Self-reflection prompts students to address skin irritation.

J

Jeju Volcanic Clay

Related Terms: Detoxifying, Mineral-rich, Korean Beauty

Explanation: Jeju volcanic clay is a popular ingredient in Korean skincare for its detoxifying properties. It helps to cleanse the skin without excessive dryness. The course explains its benefits for barrier health. Knowledge checks assess the understanding of volcanic clay. Self-reflection involves considering clay masks in the routine.

K

K-beauty

Related Terms: Korean Beauty, Trends, Innovation

Explanation: K-beauty refers to the skincare trends and products originating from South Korea. It is known for its focus on barrier health and hydration. The glossary entry outlines the key principles of K-beauty. Reading materials discuss the global influence of K-beauty. Knowledge checks focus on K-beauty concepts. Self-reflection prompts students to explore K-beauty trends.

Keratin

Related Terms: Protein, Structure, Barrier

Explanation: Keratin is a protein that provides structure to the skin. It is essential for maintaining the integrity of the barrier. The course explains the role of keratin in skin health. Knowledge checks assess the understanding of keratin. Self-reflection involves considering protein-rich skincare.

L

Lactic Acid

Related Terms: AHA, Gentle, Hydrating

Explanation: Lactic acid is a gentle AHA that exfoliates and hydrates the skin. It is suitable for sensitive skin and barrier restoration. The reading materials discuss its benefits. Self-reflection prompts students to consider lactic acid for gentle exfoliation.

Lipids

Related Terms: Ceramides, Cholesterol, Fatty Acids

Explanation: Lipids are fats that form the barrier structure. Replenishing lipids is crucial for barrier repair.

Korean skincare emphasizes lipid-rich formulations. The course explains the importance of lipids.

Knowledge checks assess the understanding of lipid components. Self-reflection involves evaluating lipid intake in skincare.

M

Madecassoside

Related Terms: Centella Asiatica, Healing, Anti-inflammatory

Explanation: Madecassoside is an active compound in Centella asiatica. It promotes healing and reduces inflammation. The glossary entry details its benefits. Reading materials discuss its role in barrier restoration. Self-reflection prompts students to consider Centella products.

Microbiome

Related Terms: Probiotics, Bacteria, Balance

Explanation: The skin microbiome consists of beneficial bacteria that support skin health. A balanced microbiome is essential for a strong barrier. Korean skincare focuses on microbiome-friendly ingredients.

The course explains the role of the microbiome. Knowledge checks assess the understanding of probiotics.

Self-reflection involves considering microbiome health.

Moisturizer

Related Terms: Hydration, Barrier, Cream

Explanation: Moisturizer is essential for maintaining skin hydration and barrier integrity. Korean skincare offers a wide range of moisturizers. The reading materials discuss the selection of appropriate moisturizers. Knowledge checks focus on moisturizer types. Self-reflection prompts students to evaluate their moisturizer.

N

Niacinamide

Related Terms: Vitamin B3, Barrier, Brightening

Explanation: Niacinamide is a versatile ingredient that strengthens the barrier, reduces inflammation, and brightens the skin. It is a staple in Korean skincare. The course explains its multiple benefits. Knowledge checks assess the understanding of niacinamide. Self-reflection involves considering niacinamide in the routine.

O

Occlusives

Related Terms: Sealing, Petrolatum, Silicones

Explanation: Occlusives form a barrier on the skin to prevent water loss. They are important for sealing in moisture. The glossary entry details their role in barrier restoration. Reading materials discuss their appropriate use. Knowledge checks focus on occlusive ingredients. Self-reflection prompts students to consider occlusives for dry skin.

P

Palmitoyl Pentapeptide

Related Terms: Peptide, Anti-aging, Collagen

Explanation: Palmitoyl pentapeptide is a peptide that stimulates collagen production. It supports skin structure and barrier health. The course explains its anti-aging benefits. Knowledge checks assess the understanding of peptides. Self-reflection involves considering peptide serums.

Panthenol

Related Terms: Vitamin B5, Soothing, Hydration

Explanation: Panthenol is a provitamin B5 that soothes and hydrates the skin. It is essential for barrier repair. Korean skincare frequently uses panthenol. Self-reflection prompts students to include panthenol in their routine.

Peptides

Related Terms: Proteins, Anti-aging, Signaling

Explanation: Peptides are short chains of amino acids that signal the skin to produce collagen. They support barrier integrity and anti-aging. The course explains the role of peptides. Knowledge checks assess the understanding of peptide functions. Self-reflection involves considering peptide products.

Phyto-ceramides

Related Terms: Plant-derived, Barrier, Lipids

Explanation: Phyto-ceramides are plant-derived lipids that mimic human ceramides. They support barrier repair. Korean skincare utilizes phyto-ceramides for gentle restoration. The reading materials discuss their

benefits. Knowledge checks focus on their sources. Self-reflection prompts students to consider plant-based lipids.

Probiotics

Related Terms: Microbiome, Balance, Health

Explanation: Probiotics are beneficial bacteria that support the skin microbiome. They enhance barrier function. The glossary entry details their role. Reading materials discuss probiotic skincare.

Q

Quercetin

Related Terms: Antioxidant, Anti-inflammatory, Onion Extract

Explanation: Quercetin is a flavonoid with antioxidant and anti-inflammatory properties. It supports barrier health by reducing oxidative stress. The course explains its benefits. Self-reflection prompts students to consider antioxidant-rich ingredients.