

Gluconolactone

What Is Gluconolactone? Is Gluconolactone Safe?

Gluconolactone is a powdery substance extracted from gluconic acid, found in animals and corn. It is a mild exfoliator formed by many groups of hydrogen-oxygen pairs. It's these numerous water-attracting hydroxyl groups that give gluconolactone hydrating and moisture-retaining properties.

While alpha-hydroxy acids (AHAs) and beta-hydroxy acids (BHAs) are more popular, gluconolactone is a milder cousin that also acts as a [humectant](#) (moisture-lock). Thus, it is ideal even for sensitive skin types. [1]

Gluconolactone eliminates dead cells from the outermost layer of your skin, resulting in a brighter and smoother complexion.

How Can Gluconolactone Help Your Skin?

While it's popularly known as an exfoliator, gluconolactone is a multi-tasker jam-packed with a host of goodness and unique benefits:

1. Exfoliates the skin

Almost all skin types can handle gluconolactone as it's a gentle exfoliant. Akin to other exfoliants, this one too dissolves the dry, dead layer from the top of your skin, leaving you with improved [skin texture](#) and tone. Additionally, it also helps you get rid of excess oil. However, unlike gluconolactone's acid counterparts, it doesn't penetrate very deep into the skin, making the side effects like flakiness or redness minimal. [2]

2. Hydrates the skin

Unlike AHAs that don't have this water-loving capacity, gluconolactone attracts water to the skin. It draws this water from the deeper layers of the skin as well as the environment. It also ensures the moisture stays locked in and doesn't flow out, making it much gentler on the skin. If your skin is sensitive to AHAs, you can easily swap them out with gluconolactone. [3]

3. Acts as an antioxidant

It's not an antioxidant in the traditional sense and you cannot compare it to the likes of vitamin E or vitamin C. But there is proof that gluconolactone has some

chelating properties, which gives it the ability to fight against UV rays and pollution, and neutralize free radicals. [4]

How To Use Gluconolactone?

You can find gluconolactone in many beauty products, from moisturizers to toners and serums to face masks. Look at the label for the right instructions. More than anything, before you use gluconolactone, it's recommended that you understand [your skin type](#) and concerns. Visit a dermatologist who can help determine the best way to use gluconolactone.

Who Should Use Gluconolactone?

If you're looking to lessen wrinkles, fine lines and spots, but feel that acid-based ingredients like AHAs or BHAs have caused irritation, redness, peeling or any other reactions, then gluconolactone may be a better option for you.

The bottom line is that gluconolactone is excellent for all skin types, specifically those with mature or [sensitive skin](#).

How Often Should You Use Gluconolactone?

For a general sense, how often you should use gluconolactone entirely depends on the other ingredients and products you're using. Typically, you should use an exfoliator containing gluconolactone just a few times a week. You can slather on moisturizer with gluconolactone as often as twice a day.

Largely, gluconolactone works synergistically with other retinoids and acids. But if you have sensitive skin, you can never be too careful! When you use a combination of products, it's best to spread them out. You could either use different acids/retinoids during the day and gluconolactone at night or on alternate days. Do what works best for you.

SkinKraft Tip

Gluconolactone being a humectant, can be paired with any [hydrating](#) moisturizer for an extra boost of hydration. It will pull the water from the moisturizer into your skin.

What Does Gluconolactone Work Well With?

You'll have no problem pairing gluconolactone with a few skincare staples such as retinoids, AHAs, BHAs and vitamin C. It's a superb element for an overall anti-aging regimen. [5]

Don't Mix Gluconolactone With?

Typically, gluconolactone is pally with most ingredients and poses no issues. The only thing you'll have to pay attention to is over-exfoliating, when you use gluconolactone along with other exfoliants and acids.

Especially when you're battling acne, exfoliating can be tricky. The room for error is marginal and over-exfoliating can lead to creating more inflammation, redness and breakouts.

What Can You Expect From Gluconolactone?

As with other serums or creams, the results aren't instant. Studies show that continuous use of gluconolactone helps reduce the appearance of wrinkles and fine lines in six weeks, but twelve weeks yields better results.

If you're on the lookout for a dependable ingredient, not just a quick fix, and you're ready to work on your skin for the long-term, gluconolactone will be a great option.

Interesting Facts About Gluconolactone

- Gluconolactone is called as the next generation AHA.
- It gently smoothens and evens out your [skin tone](#) by getting rid of the [dead skin cells](#) on the surface.
- Prolonged use of gluconolactone offers [anti-aging](#) benefits such as fewer wrinkles and thick skin [\[6\]](#).
- It's a great ingredient for those with sensitive skin as well. [\[7\]](#)
- Along with exfoliating properties, it also possesses moisturizing properties.

Are There Any Side Effects Of Gluconolactone?

In general, gluconolactone is gentle and shows little or no side effects [\[8\]](#). Although there's no harm in taking a little extra precaution. Particularly if you're someone who has sensitive skin or other existing skin-related issues such as [eczema](#), psoriasis or atopic dermatitis, it's better you test out the ingredient on a small area of your skin to check for sensitivities. If you experience more than mild inflammation, itching or burning, you must get in touch with your doctor or dermatologist.

Wrapping Up

If you're particular about your skincare, you should familiarize yourself with the magical PHA, gluconolactone. It's making its way into the news for being a gentle exfoliator, and can be a game-changer in your skincare regime. Here's to skincare that has it all!

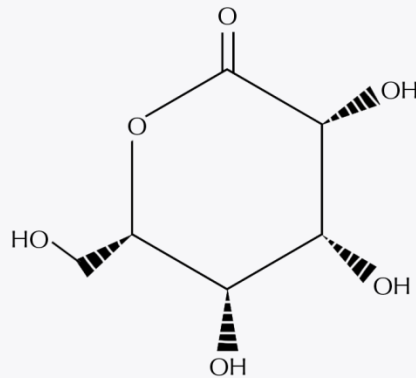
Gluconolactone is an acid, used in skincare formulations to help increase skin cell turnover and improve the appearance of aging skin. It works in a similar way to

AHAs and BHAs but is better for sensitive skin types. It is part of a group of acids called PHAs or polyhydroxy acid, which differs from alpha and beta hydroxy acids, such as lactic acid and glycolic acid. While these other acids can often be found in anti-aging creams, serums, and facial peels, they can be damaging to the skin if used in high concentrations. When used in high concentrations, AHAs and BHAs can break down the skin mantle barrier, sensitizing the skin and potentially causing dryness.

While Gluconolactone is an acid, it has shown to be gentler on the skin because of its molecular structure, which is larger than that of other types of acids that are used in skincare products. However, there is a drawback to this, as products that contain Gluconolactone may not penetrate the upper layers of the skin to work on deeper wrinkles under the surface of the skin.

For those with sensitive or sensitive aging skin, products that contain this ingredient may be a better choice and may have a number of advantages despite Gluconolactone's low-level penetrative ability.

THE BREAKDOWN



Gluconolactone

THE GOOD: Smooth skin texture, helps hydration, improves the appearance of fine lines and wrinkles, and helps increase skin cell turnover.

THE NOT SO GOOD: Doesn't penetrate as deeply as other acids which means that it may not give you as a greater improvement as quickly.

WHO IS IT FOR? All skin types except those that have an identified allergy to it. Gluconolactone is particularly beneficial for sensitive skin types.

SYNERGETIC INGREDIENTS: Works well with most ingredients

KEEP AN EYE ON: Nothing to keep your eyes on here.

Who Should Use Products with Gluconolactone?

If you have used in-home or professional peels in the past that contains AHAs to reduce the appearance of fine lines and wrinkles, you may have experienced one or more side effects from acid-based ingredients, such as peeling, redness, and sensitivity to the sun. These side effects can be irritating and even painful while you wait for the upper layers of skin to slough away and reveal new growth underneath. If you find that your skin cannot tolerate other acids, then products that contain Gluconolactone may be a better option for you. Similar to other acids, gluconolactone is used 2-3 times a week depending on the strength and formulation.

What Are the Benefits of Gluconolactone?

If you are considering the use of products that contain Gluconolactone, you may be wondering how effective this ingredient is when compared to AHAs or beta hydroxy acids that are usually used more frequently. Tests on photoaging and Gluconolactone show that this acid reduces the appearance of fine lines and wrinkles that are associated with photoaging after six weeks, and that even greater results were visible after twelve weeks. This means that if you use a cream or serum that contains this ingredient, you will not see immediate results, but after a month or so of continuous use, you should start to see a reduction in fine lines and wrinkles. This makes Gluconolactone a viable ingredient choice for those who aren't looking for a quick fix for their aging skin and want a product that will give them long-term results instead.

If you have sensitive skin, you should make an effort to understand how long-term use of Gluconolactone may affect your skin and whether it may cause damage that other acids may cause, such as a loss of pigmentation in the treated area.

Anti-aging and texture

Gluconolactone, through exfoliation, helps to improve the texture of the surface of the skin by removing dead skin cells and promoting skin cell turnover. This has an added effect of improving the overall appearance of the skin, including fine lines and wrinkles.

Hydration

As gluconolactone removes the dead skin cells from the surface of the skin it allows other ingredients to work more effectively and allows the skin to better regulate its moisture content. Dead skin cells, when they sit on the surface of the skin allow moisture to escape from the skin. Moisture loss is one of the causes of aged-looking skin

Exfoliation

Gluconolactone is an acid, it works by gently eating away at the dead skin cells.

Exfoliation has been found to help reduce the appearance of blackheads and reduce debris that often forms the basis of breakouts. Exfoliation also helps the skin to renew its own skin cells.

Anti-microbial

New research suggests that gluconolactone may also have antimicrobial properties. This means that it may be beneficial for congested or acne-prone skin types. This research is relatively new and this indication has not been fully explored yet.

Is Gluconolactone Safe?

Since Gluconolactone is not as acidic as most AHAs, it is gentle on the skin and has a low instance of side effects. However, those with thin or highly sensitive skin should speak with their dermatologist about using products that contain Gluconolactone and whether it is the best ingredient choice for treating fine lines and wrinkles. If you have sensitive or compromised skin such as a flare-up of eczema or dermatitis it is best to avoid this ingredient until the flare-up has resolved.

References:

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