

ULTIMATE GUIDE TO

PEPTIDE SERUMS

**THE MIRACLE FOR HEALTHY
SKIN AGING**





GLOW START HERE

Peptides are powerful skin-communicating ingredients that serve as the building blocks for skin proteins like collagen and elastin. In skincare, they are primarily used to target anti-aging, lifting, and plumping sagging skin. Because they can help build hydration and repair a disrupted skin barrier, they are often a core component of "cult favorite" repair creams.

TYPES OF PEPTIDES



- **Signal Peptides:** These are famous for their ability to promote skin repair and hydration. They are a key ingredient in products like the Drunk Elephant Protini, which uses nine different types of signal peptides to build and restore the skin barrier.
- **Neurotransmitter Inhibitor Peptides (The "Botox" Peptides):** The most famous example is Hexapeptide-8 (Argireline), frequently referred to as "Botox in a bottle". These peptides target the mechanisms that cause fine lines and wrinkles.
- **Oligopeptides (Growth Factors):** Found in ultra-premium luxury formulas, these act as growth factors and provide a high level of skin rejuvenation.
- **Enzyme Inhibitor Peptides:** These work to inhibit the enzymes that break down collagen in the skin.
- **Matrixyl:** This is a well-known blend of two specific peptides designed to stimulate skin repair and reduce the appearance of aging.

SUPREMACY FOR COPPER PEPTIDES

Copper Peptides as a "supremely" effective ingredient for those seeking intense results.

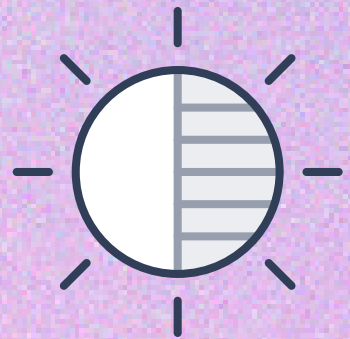
- Benefits: They are highly prized for their ability to brighten the skin and treat wrinkles simultaneously.
- Potency: Not all copper peptide products are equal. For instance, The Ordinary's Multi-Peptide + Copper Peptides 1% is noted for having a strong, effective concentration.
- Suitability: While strong concentrations are effective, milder, creamier formulations (like those from Glow Recipe or Cleco) are better suited for those with dry or sensitive skin who still want the antioxidant and anti-aging benefits of copper.

HOW TO USE PEPTIDES IN YOUR ROUTINE

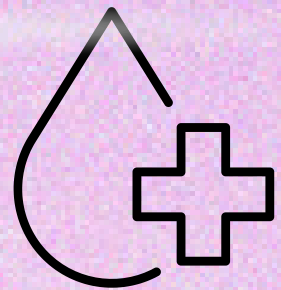
Peptides are versatile and can be easily integrated into almost any skincare regimen.

- Versatile Layering: Peptides can be used in both morning and night routines.
- Serum vs. Cream: For maximum efficacy, the sources suggest using a peptide serum (like The Ordinary Copper Peptide or Minimalist Multi-Peptide) before your moisturizer to ensure the peptides penetrate deeply.
- The "Super Duper" Combination: To replicate the results of expensive \$1,000+ creams, you can layer a high-quality peptide serum under a ceramide-rich moisturizer. This provides more active peptides and barrier repair than many single luxury products.
- Eye Care: Peptides are especially effective in the delicate eye area for brightening and addressing fine lines when combined with ingredients like caffeine or retinal.

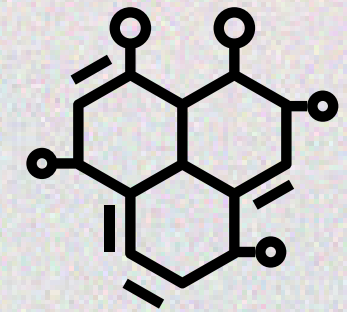
What Makes It Special?



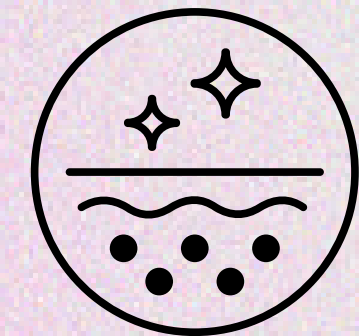
Reduces dullness
and fine lines



Deep hydration
that lasts all day



Lightweight, non-
sticky formula



Improves skin
texture & brightness

COPPER PEPTIDE SUPREMACY

Copper peptides are "skin-communicating" ingredients that serve as building blocks for proteins like collagen and elastin.

- **Key Benefits:** They are specifically noted for their ability to lift and plump sagging skin, making them excellent for addressing skin laxity. They also work as powerful antioxidants that brighten the skin and treat wrinkles simultaneously.
- **Intensity Levels:** Unlike the often-irritating nature of retinol, copper peptides come in various formulations. The Ordinary 1% Copper Peptide is a strong, potent version, while brands like Glow Recipe or Cleco offer creamier, milder forms better suited for dry or sensitive skin.



RETINOL VERSUS PEPTIDES

Feature	Retinol	Copper Peptides
Primary Action	Increases skin cell turnover	Builds skin proteins (collagen/elastin)
Best For	Brightness, deep wrinkles, and texture	Lifting, plumping sagging skin, and antioxidant support
Sensitivity	Can be drying; requires a gradual start	Generally milder; creamier versions are available for sensitive skin
Synergy	Works well with Vitamin C and Ceramides	Can be layered with other peptides and acids

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Unveil Your Glow