

The Ultimate Guide to Snail Slime in Cosmetics

Snail mucus is a growing trend in skincare. Understand the real benefits and risks to this emerging ingredient.

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You probably never look at a trail of glittery snail slime on a sidewalk and have the urge to rub it on your skin. That may soon change however, when you learn a little more about this fascinating substance.



01 - A Short History Lesson

Reportedly, snail slime has been used as far back as Ancient Greece for helping ailments inside the body, like indigestion or cough, as well as outside the body for skin inflammation. The story goes that, more recently, South American farmers shipping out snails to France for escargot dishes noticed their hands were smoother from handling the critters. Shortly after, an industry was born!

Today, South Korea has paved the way for snail mucus products, which have since taken hold in the US and Europe. Some places in Thailand, Asia and Europe even offer live snail facials, where critters make their way across customers' skin.

02 - The Science Behind Snail Slime

Snail mucus has many functions. It acts as a lubricant to coat and protect the snail's soft body, as well as an adhesive to help a snail to climb up your favorite flower pot. The mucus is made up of many compounds tied to benefits in skincare:

- proteins
- hyaluronic acid
- elastin
- antimicrobials
- peptides
- glycolic acid
- antioxidants



03 - Buying Snail Products



Sheet masks, face lotions and hand creams are the most common products that feature snail slime.



Typically the products contain fragrance and other beneficial ingredients, so don't worry about a sticky or smelly effect.



In a peer-reviewed study, snail filtrate use over 12 weeks has been shown to reduce fine lines and wrinkles as a result of sun exposure.

HINT Make sure to read the ingredient list! "Snail filtrate" should be among the first few listed ingredients for maximum skin effect.



Most snail filtrate comes from Italy, which has seen a 400% increase in demand in the last two decades, mainly due to the cosmetics industry.



Korean cosmetics brands were the first to heavily promote snail filtrate. Now, many American and European brands carry snail products.

04 - Pros Vs. Cons of Snail Products



VS



-A huge body of anecdotal evidence shows benefits to snail filtrate on the skin.

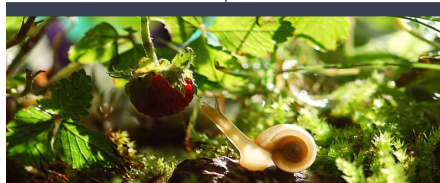
-Snail slime contains ingredients thought to prompt the development of collagen and elastin in skin to reduce signs of aging.

-High-quality products, particularly from Korean brands, are affordable to try. Visit SciencebeautyGai.com for suggestions.

-There are no extensive, peer-reviewed or conclusive studies showing benefits to snail slime on the skin.

-Using snails directly on your face could result in bacterial infections. Do not try a do-it-yourself snail mask!

-Many companies overcharge for snail filtrate. It is not an expensive product so shouldn't break the bank.



05 - Conclusion

Given the popularity and potential benefits of snail filtrate for the skin, it's certainly worth a try! As with any new product, test a small amount first and discontinue use if any irritation occurs.

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