



WRITTEN BY:

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GOOD
SCIENCE
BEAUTY
REVIEW

What's Hot in Anti-Aging Science: How Barley is
Used in Treatments and How it Works.

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WHAT SHOULD YOU DO ABOUT AGE PRESERVATION AND SKIN CHANGING AS YOU GET OLDER?

Most conversations include collagen, and yes, the fine lines and wrinkles are natural with the loss of elasticity. While you can't eliminate wrinkles, you can slow down the aging process by applying the right ingredients.

Many skincare ingredients have little effect and are unstable or unable to penetrate the outer skin layer.

Two of the most effective but little-known ingredients include [Hordeum vulgare](#), commonly known as Barley Extract, and Poria Cocos.

You may not have heard about Poria Cocos, but you've heard about barley; you can find it in various foods and alcoholic beverages, and it's also used in skincare.

Did you know they derive barley extract from the barley plant, and it's rich in antioxidants that fight off free radicals? (Molecules that steal electrons and cause issues with your skin)

More importantly, Barley Extract is a natural source of Hordenine, which helps reduce both wrinkles and age spots. Korean researchers have shown that Hordenine promotes collagen synthesis (= less wrinkles!) and that it also helps to lower the amount of melanin in the skin. Melanin is the pigment that gives skin its color and too much of it causes age spots or other forms of hyperpigmentation.

Poria Cocos is a mushroom rich in Beta Glucan, a powerful humectant used in traditional Chinese medicine that promotes collagen synthesis and strengthens your skin barrier – reducing wrinkles by plumping your skin.

Poria Cocos also has organic acids and proteins for skin cell function to leave your face feeling hydrated.

You can get the benefits of this dynamic duo with Good Science Beauty's [Skin Firming Face Cream](#) (005-Fi). This product also contains a patented carrier technology that delivers the ingredients deep into your skin and releases them over time; Good Silicon+ is the secret element, dissolves into an absorbable form of Silicon, and supports natural collagen production.

TECHNOLOGY

GOOD SILICON+

The [Good Silicon+](#) technology was initially developed for medical applications and combines Silicon, a natural element, with other ingredients to become bioavailable as orthosilicic acid, which is beneficial for skin and bone health. Good Silicon+ acts as a carrier and protects the components from being broken down so they can be absorbed into the skin. Don't confuse this with Silicone – an artificial polymer.

FUN FACTS ABOUT BARLEY

Barley helps Maintain Skin Elasticity.

Barley Extract contains Hordenine, which reduces wrinkles through the promotion of collagen synthesis, which preserves skin elasticity.

Improves Skin Tone

Hordenine also helps to even out your skin tone by inhibiting the production of the pigment melanin.

Anti-Aging Properties

Apart from Hordenine, barley contains a range of antioxidants that help slow down signs of aging; barley water flushes out the toxins, providing a clean, wrinkle-free skin texture.

Healing Properties

Barley is a [rich source of zinc](#) that speeds up the body's healing. When you apply barley greens as a paste, it can heal skin lesions in 5-6 months.

FOUNDER

GOOD SCIENCE BEAUTY



Suzanne Saffie-Siebert, a Ph.D. in Pharmaceutical Sciences, was disappointed with skincare products that didn't deliver what they promised. Through her biotech company, SiSaf Ltd, she had developed technologies for the delivery of medicines to the body. So, she decided to use one of those technologies for skincare – and [Good Science Beauty](#) was born.

FORMULATIONS

Suzanne and her team realized that many ingredients develop their full potential only when combining them with other ingredients creating power partnerships.

A COUPLE OF EXAMPLES:

In the [004-Br Skin Brightening Cream](#), Glutathione and L-Ascorbic Acid (Vitamin C) stabilize each other and Melatonin boosts the efficacy of Glutathione.

In the [003-Hy product range](#), the fatty acids in Omega-3 prolong the activity of Hyaluronic Acid, a natural sugar that holds 1,000 times its weight in water, keeping your skin hydrated. Marine Omega-3 is rich in long-fatty acids DHA and EPA and boosts the skin barrier function by locking in moisture.



[Skin Firming Cream](#)

005-FI SKIN FIRMING CREAM

The [Skin Firming Cream](#) restores youthful spring and resilience to your skin with Barley Extract and Poria Cocos. Perfect for sensitive skin

FIRM + HYDRATE DUO

SAVE \$46



Firm + Hydrate Duo

Combining the **003-Hy Hydrating Face Cream** with hyaluronic acid, Marine Omega-3, and the **005-Fi Skin Firming Cream** with Barley Extract and Poria Cocos gives you an effective solution for fine lines, wrinkles, and saggy skin due to collagen reduction. And you save \$\$ on the price of the products bought separately.

FIRM UP TRIO

SAVE \$89



Firm Up Trio

The [Firm-up Trio](#) is the ultimate anti-aging skincare regime to avoid injections and fillers.

The [003-Hy Hydrating Face Cream](#) uses Hyaluronic Acid and Marine Omega-3 with no fishy smell and locks in moisture to plump your skin, leaving you with a 94% reduction in fine lines and wrinkles in 28 days.



Hydrating Face Cream

The **003-Hy Hydrating Facial** boosts lipid content and restores skin suppleness, strength, and texture; applying this overnight mask works while your skin is in optimal repair mode.



Hydrating Facial

005-Fi Skin Firming Cream – with Barley Extract and Poria Cocos, an age-defying moisturizer for sensitive skin, and a 21% reduction in fine lines and wrinkles within 28 days.



Skin Firming Cream

HOW TO USE FIRM UP TRIO

STEP 1

WASH YOUR FACE WITH YOUR
FAVORITE CLEANSER



How to Firm up – Step 1

STEP 2

MASSAGE 1 OR 2 PUMPS OF
THE **003-HY CREAM** INTO YOUR SKIN



How to Firm up – Step 2

STEP 3

FOLLOW UP WITH 1 OR 2 PUMPS
OF THE **005-FI CREAM**



How to Firm up – Step 3

STEP 4



ON 2 TO 3 NIGHTS PER WEEK,
USE THE **003-HY FACIAL** BEFORE
YOU GO TO BED

How to Firm up – Step 4

STEP 5

WASH YOUR FACE WITH YOUR FAVORITE CLEANSER



How to Firm up – Step 5

CONCLUSION

After personally using all the products over the past few months, I can say that they are of the highest quality; as a man, I don't have a long history of skincare, besides using [Regeneration by Micopeia](#) a face and body oil for a few years.

I use the [hydrating](#) and [purifying facial creams](#) daily in the morning after I shave and at night before bed. I don't use a store-bought lotion anymore after falling in love with Good Science Beauty. The products never leave my face greasy or shiny; it glows after application.

The [at-home facial product](#) is a leave-in conditioner, and you feel amazing the next day.

I always know if I forget to apply it, looking in the mirror is not the same!

My skin type is not prone to acne, but it is sensitive, and I've always been hesitant to put things on my face that might dry it out.

You can't go wrong with any of their formulations, they are unique and effective, and they work.

Use Discount Code **SeniorAffair25** (25% off all products)

REFERENCES:

- [POWER PARTNERSHIPS: Barley Extract + Poria Cocos](#) (005-Fi Skin Firming Cream combines the power partnership of Barley Extract and Poria Cocos in Good Silicon+)
- [Hordeum Vulgare Seed Extract](#) (Benefits of Barley Extract **aka** Hordeum Vulgare for the skin).
- [Barley and your skin](#) (The benefits of Barley for skin)

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