

**AHA:**

*ALPHA-HYDROXY ACIDS*

- Water-soluble
- Exfoliates dead skin cells from the surface of the skin
  - Suitable for all skin types
- Can make the skin more sensitive to UV damage
  - Can help hydrate skin
- Can stimulate collagen production

Glycolic Acid  
Mandelic Acid  
Lactic Acid  
Malic acid  
Tartaric acid  
Citric acid

**BHA:**

*BETA-HYDROXY ACIDS*

- Oil-soluble
- Penetrates into pores to exfoliate dead skin cells & sebum
  - Suitable for oily/combo skin types
  - Can help protect skin from UV damage
- Can help reduce inflammation & bacteria growth

Salicylic Acid  
Betaine salicylate  
Salix alba or willow bark extract