

## Skin Care Benefits of Wine

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Category: [Health & Medicine](#)

Press release from: [Caudalie](#)

Agency: **Page One**

Scientists have long known wine is good for your heart, but recent research reveals an ingredient in wine, Resveratrol, to be an excellent wrinkle fighter as well.

Wine is good for your body in many ways. Alcohol stimulates the appetite, but can also slow the stomach's emptying time, resulting in a decrease in the amount of food consumed. The alcohol in wine can also have a measurable effect on cholesterol levels, but it's the anti-oxidants in the wine that cosmetic companies and an aging population are suddenly interested in.

Anti-oxidants are the chemicals in our bodies that fight cell damage. A French skin care company, in association with the Pharmacy of Bordeaux, was successful in stabilizing grape-seed polyphenols, the most efficient anti-oxidant in the botanical world. Until recently, vitamin E and vitamin C were considered the most efficient in neutralizing cell-damaging chemicals called "free radicals." Free radicals are generated by light, pollution, smoke, etc. They destroy human cells and thus lead to premature ageing. They are also the culprits that cause cars to rust and fruit to deteriorate. These grape-seed polyphenols fight against free radicals, which cause 80% of skin aging.

Most recently, researchers have discovered that crushed wine grapes contain significant amounts of the anti-oxidant Resveratrol. This discovery is currently gaining more notice as skin care and cosmetic companies have rushed to include the anti-aging grape seed extract in almost every skin care treatment available. Laboratories have found that the application of Resveratrol to human skin causes the skin cells to become more resistant to free-radicals, stimulates the multiplication of cells and fights against cell damage.

Caudalie

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Caudalie Paris is a French skincare company that pioneered the use of grape-seeds in facial treatment products, and continually utilizes the beauty benefits of the grapevine through patented technologies that provide natural, effective methods against aging. Caudalie distributes products to fine retailers and select boutiques in the U.S., sells products online, and has Vinotherapie Spa treatment centers in France, Italy, Spain and the United States. [www.caudalie-usa.com](http://www.caudalie-usa.com).

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