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Sep 26

Can Antioxidants Transform Your Skin?

Dr. Debbie Palmer Explains

A board-certified dermatologist and leading expert

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at her career exploring the connection between skincare, nutrition, and overall well-being.

As the founder of Replere, Dr. Palmer has translated her medical knowledge and passion for healthy aging into a skincare philosophy rooted in antioxidants and science. A SPACE DEDICATED TO WELLNESS, WANDERLUST, AND AMBITION, WITH THE LATEST IN BEAUTY AND FASHION. maintaining its health and appearance.

We spoke with Dr. Palmer about the science behind antioxidants, the relationship between nutrition and skin health, how our approach to aging is evolving, and the skin



Was there a particular moment in your medical career when you realized there was a need for a different approach to skincare and aging?

Shortly after completing my dermatology residency, while working in private practice, I began to recognize a gap in skincare. My patients were looking for something different. At the same time, they didn't want to sacrifice efficacy that the doctor brands provided. They wanted skincare that was rooted in science and could actually make a visible difference. The science or results really resonated with me.

As a dermatologist, I knew there was an opportunity to bridge those two worlds: to create skincare that was thoughtfully formulated with naturally derived ingredients. At the time, there was no skincare line, a natural, science-backed approach to healthy and beautiful skin as it aged.



How did your experience as a dermatologist influence your decision to join the team at Replere?

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My goal was to create skincare that takes a holistic approach to healthy aging. Replere has a patented formulation process that assists in delivering the efficacy that it has. Beautiful, healthy skin is part of overall wellness.

What do you wish more women understood about the role antioxidants play in maintaining healthy, youthful-looking skin?

I wish more women understood that antioxidants are really an important part of a comprehensive approach to healthy, youthful-looking skin. Every day, our skin is exposed to environmental stressors that can contribute to collagen breakdown, inflammation, uneven pigmentation, and premature skin aging. Antioxidants help neutralize some of that oxidative stress and support skin's natural repair processes.

When you're choosing an antioxidant product, it's not simply about seeing the word "antioxidant" on the label. The specific antioxidant, its concentration, stability, form and combination of prevention and treatment: protecting the skin from environmental damage, supporting its natural defenses and using scientifically supported ingredients are all factors to consider.

How does oxidative stress affect the skin, and what are some everyday factors that can contribute to it?

Oxidative stress is essentially an imbalance between free radicals and the skin's ability to neutralize them. When the skin is exposed to too much oxidative stress, it can, over time, that can translate into many of the visible signs we associate with premature skin aging—fine lines, wrinkles, loss of firmness, uneven tone and dullness. What's important to remember is that the total collection of environmental and lifestyle factors that affect the skin over a lifetime is called skin exposome.

Key components that contribute are solar radiation, air pollution, cigarette smoke, climate factors, and lifestyle factors like diet, stress, and lack of sleep. Even normal metabolism can contribute to oxidative stress. While we can't completely eliminate oxidative stress—and we don't need to—but we can help support the skin's natural defenses. That's where antioxidants can play an important role, alongside other skincare ingredients, to help the skin maintain its health and resilience.

Are there particular antioxidants that you believe deserve more attention when it comes to skincare?

There are several antioxidants that I think deserve attention, but I always come back to the ones where we have meaningful science behind them—not simply because they protect against oxidative and UV-related damage, support collagen production, and improve the appearance of pigmentation. Vitamin E is another important antioxidant, but I don't want to focus on one antioxidant. Skin is exposed to multiple types of oxidative stress, so I'm very interested in combinations of antioxidants and in plant-derived polyphenols. Ingredients like these are the science behind them. That philosophy is really reflected in Replere®.

Rather than relying on a single antioxidant, Replere uses a broad spectrum of antioxidant-rich botanical ingredients including coffee fruit, grape seed, berries, green tea, and vitamins C and E. What I find meaningful is that we didn't just look at antioxidant activity in a laboratory. Replere has also been evaluated as a finished skincare system in clinical studies for its effects on skin firmness, hyperpigmentation, redness, clarity, and overall brightness. The goal wasn't to find one miracle antioxidant but to formulate a stable, well-designed combination.



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What are some antioxidant-rich foods you recommend incorporating into a healthy diet for better skin?

When it comes to skin health, I'm a big believer in looking at nutrition as part of the bigger picture. I appreciate the Mediterranean diet because it naturally incorporates foods which are rich in polyphenols; colorful vegetables such as peppers, leafy greens, and broccoli; and fruits such as oranges and other citrus, which provide vitamin C. Extra fats.

I also recommend nuts and seeds, particularly walnuts and almonds, because they provide vitamin E and healthy fats. Legumes, herbs, and spices can give additional antioxidants. What our bodies can complement what we put on our skin. Topical antioxidants can support the skin's defenses and repair the skin from the outside, while a nutrient-dense, Mediterranean diet can be a regular part of your diet.

There are countless anti-aging products and treatments available today. How can women distinguish between meaningful skincare innovations and beauty trends?

I think one of the biggest challenges for women today is that there are so many skincare products and treatments that promise to be the next big thing. As a dermatologist, I think it's important to ask: Is this product or treatment really studied? And does the evidence show a meaningful improvement in the skin? A true innovation should have more than an interesting ingredient or a compelling before-and-after photo that demonstrate results that are meaningful.

I also think it's important to understand what problem the innovation is actually solving. Does it address a specific biological pathway involved in skin aging? Does it improve the kinds of questions that distinguish innovation from simply repackaging an old concept in a new way. For me, the sweet spot is where science, innovation, safety and appearance of the skin over time.



What are some common skincare mistakes you see?

How do you maintain youthful-looking skin?

I see a few common mistakes and many of them come from trying too hard. One mistake is overdoing the skincare routine. Patients sometimes layer multiple exfoliants, leading to irritation, dryness, redness, and inflammation. I also see patients constantly switching products. They may use something for a few weeks, don't see an immediate transformation, and then stop. It's important to appreciate their benefits.

Another common mistake is focusing exclusively on wrinkles. Healthy, youthful-looking skin is about more than the absence of lines. Evenness of pigmentation, redness, and texture are only one part of the equation. Sleep, nutrition, exercise, stress management, and healthy relationships all contribute to the health and appearance of our skin. My philosophy is to be consistent, and take a holistic approach to aging.

If a woman wanted to simplify her skincare routine while still prioritizing healthy aging, what would you recommend she focus on?

If a woman wanted to simplify her skincare routine while still prioritizing healthy aging, I would tell her to focus on the fundamentals. In the morning, I would focus on a broad-spectrum SPF 30 or higher mineral based sunscreen to be applied every two hours with prolonged sun exposure. At night, I would keep it simple: cleanse, moisturize, and protect. Healthy skin is resilient skin, so a good moisturizer is foundational. Skincare is only one piece of healthy aging. Nutrition, sleep, exercise, stress management, and healthy relationships are also important.

What was most important to you when developing Replere's formulations?

When I was developing Replere's formulations, the most important thing to me was finding the right balance between science, efficacy, safety, and a more natural approach. I wanted an ingredient to have a purpose. I was particularly interested in ingredients with scientific evidence showing that they could help address the processes that contribute to skin aging. It was important to be thoughtful about what we were putting on the skin.

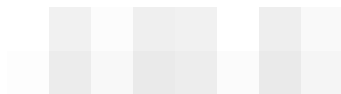
My osteopathic training and my holistic philosophy have always made me think about wellness as a whole, and that philosophy carried into the way I approached formulating. I wanted to formulate a comprehensive approach to healthy aging, protecting the skin from environmental stress while supporting hydration, barrier function, repair, and overall skin health. Replere is inspired skincare and science-backed efficacy. You can be thoughtful about the ingredients you use while still demanding that the products perform. Replere is rooted in science and nature.

What are the skincare habits you personally never skip?

There are a few skincare habits I personally never skip, and they really come down to consistency rather than complexity. Every morning, I cleanse and use antioxidants. Every night, I cleanse my skin and moisturize and I use evidence-based ingredients that support healthy aging. I pay attention to maintaining my skin barrier because I don't believe that a healthy diet, adequate sleep, exercise, hydration, healthy relationships and managing stress are all part of how I think about healthy aging. My philosophy is simple: protection and repair are more powerful than chasing the newest skincare trend.

What excites you most about the future of dermatology and skincare?

What excites me most about the future of dermatology and skincare is how much more we're learning about the biology of aging and the incredible ability we now have to support healthy aging—not simply treating wrinkles after they appear, but understanding the processes that contribute to aging in the first place, including oxidative stress, inflammation, and barrier function. It's not just about doing more. It can actually be about doing better—using smarter formulation, better delivery systems, and stronger scientific evidence to create products that truly support skin health. My vision has been to bridge science, the wisdom of nature, and a holistic approach to wellness. I think the future of skincare is going to be increasingly focused on helping



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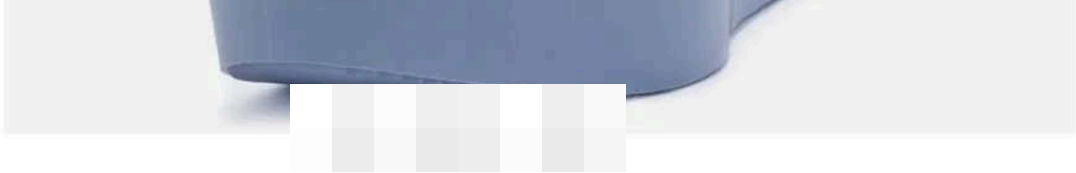
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