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A good luck charm in some cultures, the reishi mushroom, known as the 'mushroom of immortality', is prized for its anti-aging properties in cosmetics.

## Mushrooms the new anti-ageing ally

SOME people don't find them appetising, yet mushrooms have unsuspected benefits, both for the skin and for health in general. This has not escaped the attention of the beauty industry, which has made them an essential ingredient in oils, soaps, serums, hair masks and creams. In fact, mushrooms are finding their place in a host of cosmetics, sharing the benefits of their moisturising, antioxidant, revitalising, soothing and firming properties, depending on the variety you choose.

### REISHI AND CHAGA MUSHROOMS

Many mushroom species have skin benefits, such as tremella or shiitake, which come from Asia. But the beauty industry is particularly interested in reishi and chaga mushrooms. The

former, known as the "mushroom of immortality", is considered a miracle ingredient in Japan, Korea and China, and is said to fight against dry and dehydrated skin, signs of skin ageing and redness. Chaga fungus, meanwhile, is rich in antioxidants, and is also considered a great ally against the signs of ageing, redness and external aggression. Highly prized, these two ingredients are gradually being used in cosmetics, particularly in Europe and the United States.



### CHATERELLES AND BUTTON MUSHROOMS

More surprisingly, other mushroom species are being studied by the cosmetic industry, and are making their way into some beauty products. This

is the case of the vitamin and potassium rich chanterelle, which has become a must-have in hair care. Or so promises the M-dara Cosmetics brand, having made it a key ingredient in one of its ranges designed to repair, nourish and protect hair. The common white mushroom — and more commonly found on pizzas than in cosmetics — is not to be overlooked either, as it is said to have protective properties thanks to its high vitamin and mineral content. The Lush brand has made use of these benefits with a protective, nourishing and revitalising solid oil.

Not content with revolutionising the fashion industry, by serving as the source of a new vegan and eco-responsible material, mushrooms could now be set to shake up the beauty industry and become the star ingredient of 2023.

DISEDIAKAN OLEH

1-PN NOR SURIANI BINTI MOHD ZIN (S44), BPM  
2-UNIT PERPUSTAKAAN, BPM