

Special Issue

Skin Health Starts from Within: Effect of Diet on Skin Health

Message from the Guest Editor

The relationship between diet and skin health is an emerging area of research that has gained significant scientific interest. Nutritional intake plays a fundamental role in maintaining skin integrity, preventing premature aging, and modulating conditions such as acne, eczema, and psoriasis. A balanced diet rich in essential nutrients, antioxidants, and bioactive compounds can enhance skin hydration, elasticity, and barrier function, while poor dietary choices may contribute to oxidative stress, inflammation, and dermal deterioration. This Special Issue aims to explore the intricate links between nutrition and dermatology, shedding light on the molecular mechanisms, clinical applications, and dietary interventions that promote skin health. We welcome original research, reviews, and clinical studies that align with the journal's scope, particularly those addressing the impact of dietary patterns, micronutrients, and nutraceuticals on dermatological outcomes.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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