

# ROSE INC

## How to Exfoliate Your Way to Better Skin – Without Irritation

EDUCATION

### WHAT IS EXFOLIATING— AND HOW DOES IT BENEFIT THE SKIN?

To put it simply, “exfoliating is the removal of dry, dead skin cells that lie within the outermost layer of the skin,” says board-certified dermatologist Lian A. Mack, MD. “When dry or keratinized skin cells are removed, dullness disappears revealing underlying radiant, refreshed-looking skin.”

Furthermore, exfoliation plays an even more important role in maintaining good skin as we get older. “[The] top layer of skin, or epidermal, is typically regenerated every 28 days, and just as a snake sheds its skin, we shed the top layer of skin cells every 28 days,” says board-certified dermatologist Neda Mehr, MD, and medical director at Pure Dermatology Cosmetic & Hair Center. “However, as we age, the frequency of skin cell turnover decreases, and the need for exfoliation to maintain a youthful glow increases.” In particular, Dr. Mehr recommends those over the age of 25 to incorporate exfoliation into their skincare routine to help maintain proper skin cell turnover, which visually equates to a brighter and more even skin tone.

### GENTLE PHYSICAL EXFOLIATION VS. CHEMICAL EXFOLIATION

There are two main types of skin exfoliators: physical and chemical. They both get the job done but in different ways. “Physical exfoliators mechanically drive cellular turnover and feel more like a scrub with a grittier consistency,” Dr. Mack says. Physical exfoliators can include ingredients like jojoba beads that do the work to slough away the dead skin. Dr. Mehr adds that physical exfoliation can also be achieved with the “use of silicone facial devices, rotating brushes, or more aggressively with microdermabrasion.”

On the other hand, “Chemical exfoliators include ingredients like glycolic and salicylic acids, alpha and beta-hydroxy acids, mandelic acid, lactic acid, and polyhydroxy acid,” Dr. Mack says. “These chemicals dissolve the glue holding the skin cells together, resulting in sloughing.”

For instance, fruit enzymes are a form of chemical exfoliators. “Fruit enzymes are found in superfoods like pomegranate and cranberry,” Dr. Mack says. “These superfruits have built-in alpha-hydroxy acids that we routinely see in skincare to drive cellular turnover.” Dr. Mehr adds that other tropical fruit enzymes such as those from papaya, pineapple, and kiwi can also be used to exfoliate the skin as they too help break down the proteins that hold the skin cells together.

## 6 EXFOLIATION TIPS FOR BETTER SKIN — ALL WITHOUT IRRITATION

### 6. EXFOLIATE ACCORDING TO THE SEASON

Weather changes affect our skin, so it makes sense that we adjust our exfoliation frequency depending on the season. As a rule of thumb, Dr. Mehr recommends more exfoliation in hot, humid climates when the skin cells become clogged, leading to acne or dull skin. In the wintertime, however, she advises exfoliating less as over-exfoliating can lead to dry, irritated skin.