

I use active ingredients – can a face brush harm my skin?



Dr Graham Duncombe from Skin & Health Renewal responds:

“If you are already using a good retinoid in your night cream, that product is already speeding up your skin cell turnover and keeping the epidermis nice and compact. I therefore would not advise the use of an exfoliating device on top of that, as this could cause excessive exfoliation which comes with its own set of problems...

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