

Autumn Skin: How Often Should you Exfoliate?

You're getting older and your cell turnover is slower and you want younger, brighter skin. It's time to exfoliate.



WHAT IS IT? Exfoliation involves the removal of dead skin cells on the skin's outermost surface.

HOW OFTEN SHOULD YOU EXFOLIATE? If you're doing it at home, then 1 – 2 times per week with an enzymatic exfoliator. This means the product uses enzymes to exfoliate your skin (check the label).

If you're having a deeper salon exfoliation like a chemical peel, microdermabrasion or skin needling, you can opt for it once a month.

If you're treating a specific skin issue and having medium or very deep peels to treat problems like hormonal pigmentation, for example, there is specific preparations and treatment protocols for these kinds of treatments and it might only be done once or twice in a year.

WHAT ARE THE RISKS? The risks are very low with home exfoliation. You might experience some mild swelling, sensitivity, flakiness, itchiness.

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