

Know Your Skin Type for Exfoliation

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DESCRIPTION

To exfoliate more, intake of healthy diet with plenty of water is advantageous. Along with that, also know your skin type. If your skin is shiny and greasy you have oily skin. If it's rough or itchy you have dry skin. If it burns or stings after using products you have sensitive skin. If it's oily in spots but dry in other you have combination skin. If none of these fit your skin type you most likely have normal skin. People who have dry skin or sensitive skin might do best with more mild options like salicylic acid peels. Meanwhile people with oily skin might choose stronger chemicals treatments like a salicylic acid wash or scrub or brush. Your skin type also tells how often you should exfoliate. While once a week should be okay for dry or sensitive skin, people with oily or thick skin might be okay in doing it daily. Aggressive types of exfoliation could make acne and rosacea worse and may even increase your skins dark spots. So prefer home remedies than products that have been using.

Black heads or blemishes can occur if the oil gland produces too much sebum. Sebum is a soft wax that should liquefy when it reaches the surface of the pore, spreading a thin imperceptible protective layer over the skin. But when too much sebum is produced the liquefying process can get backed up which adds problem nothing but tendency for skin cells that should be naturally sloughing off to instead fall inside the pore and get stuck.

Skin exfoliation is complicated, but exfoliation itself is essential for skin health and most skin types can benefit from exfoliation. Despite the risks of irritation, removing the damaged outer layer of skin is an essential skin care need for many different skin types. If you have dry skin, oily skin, black heads, acne, sun damaged skin and flaky skin which is not caused by skin diseases or a rough surface texture, those problems are best handled by products that exfoliate and help dead skin cells slough off from the surface of the skin. Disinfectants which can also be irritating are essential for treating acne. The goal is to use the most effective, least irritating products for exfoliating skin. The only skin types that need to be very cautious about using exfoliating products are those with extremely sensitive skin or older skin, and those with skin diseases or disorders such as rosacea, eczema, dermatitis or seborrhea.

Recently exfoliation masks came into great usage we recommend not to use them regularly. In addition to the exfoliating ingredient they also contain a number of other irritating ingredients. Facial brushes and wash cloths are options but they are almost impossible to keep clean, they tend to exfoliate unevenly and majorly they are not effective as gentle as other alternatives. Abrasive sponges such as loofahs are way too irritating from the neck up and are very difficult because they develop harboring bacteria that can cause develop skin infection if not cleaned properly.

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