

STACKED SKIN SCHOOL WEEK 4:

Which Type of Exfoliation is Right For Me?

Which of the following is your number one skin concern?

A. Active and inflamed acne

B. Dullness or dry, flaky skin

C. Stubborn dark spots and discoloration

Which of the following best describes your skin?

A. My skin looks greasy most of the time

B. My skin has a rough texture with lots of peach fuzz

C. My skin looks dull most of the time

How has your skin responded to exfoliation in the past?

A. It gets red and irritated easily

B. I can't handle the tingle from acids

C. It loves exfoliation! No issues

Which of the following describes your current skin ritual?

A. Just the basics. I don't have time to do a lot.

B. I do a little extra. The basics plus a specialty treatment like retinol

C. I will go all out. The more skincare, the better.

If you answered mostly A's, you should try

AN EXFOLIATING PEEL

One of the fastest and gentlest forms of exfoliation, peels are the best choice if you're actively dealing with inflamed breakouts. Peels will help balance your skin's oil production and treat clogged pores to prevent future breakouts. Acids like salicylic and lactic acid also have anti-inflammatory benefits, making them a great choice for skin that's prone to redness. If you don't have a lot of time to devote to an exfoliation ritual, self-neutralizing peels like our TCA LACTIC & GLYCOLIC ACID PEEL are a great option—just brush it on and you're done!

If you answered mostly B's, you should try

DERMAPLANING

When you're plagued with dry, flaky skin and dullness, dermaplaning comes to the rescue. By physically removing a layer of dead skin cells, dermaplaning makes it easier for your hydrating products to do their job: a must if your skin is naturally parched or feeling dry because of retinol.

If you answered mostly C's, you should try

DERMAPLANING + PEELS TOGETHER

If banishing stubborn discoloration is at the top of your skincare to-do list, consider doubling up on exfoliation to get it done. Like skincare's toughest bouncer, dermaplaning clears the way for the peel to absorb deeper into the skin, removing dead skin cells and peach fuzz that can prevent your peel from reaching the vital layers of the skin where discoloration starts. For best results, dermaplane once a week and follow immediately with the peel.