

Exfoliation

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Exfoliation is a good thing—until it isn't.

The question is not whether to exfoliate. The questions are why, how, and when to exfoliate so your skin is happy and healthy as a result.

Everyone loves to talk about scrubbing away “dead skin cells,” but the fact is that the entire surface of your skin is made up of dead skin cells, and we need it that way! The cells of your outermost layer of skin, the stratum corneum, are called keratinocytes. They are flat, protein-filled cells that stack like shingles on a roof to keep water inside our bodies and protect us from the external environment.

I love a good scrub as much as anyone, but just because something feels good doesn't mean we should do it every, single day. Over-exfoliation is very common, and can cause or exacerbate skin problems like acne, dermatitis, and redness. The goal is to give your skin exactly what it needs and nothing more when it comes to exfoliation, leaving it healthy and glowing rather than angry and irritated.

SO... WHAT IS EXFOLIATION?

Our skin naturally exfoliates itself by shedding the outermost skin cells on a regular basis—about once a month. As we age, our skin becomes less effective at this process, so we end up with a thicker layer of dead cells than we need at the surface. Adding regular exfoliation can keep your skin soft and allow skincare to penetrate more effectively. Over-exfoliation, on the other hand, removes too many of those dead skin cells, leaving other cells at the surface that are not equipped to handle the job. As a result, your skin retains less water, resulting in dehydration, and keeps out less of the bad stuff, like allergens and bacteria, resulting in inflammation and breakouts.



Let's do this together.

Goldilocks was onto something: zero exfoliation will leave your skin less vibrant and glowing, but too much exfoliation will leave it red and angry. Let's get it just right!

1 CRITICAL BEGINNING STEPS

STOP USING

Scrubs with large, coarsely ground particles

If it feels harsh on your inner arm, it's definitely too harsh for your face!

Microbeads

They're horrible for the planet!

Sugar, salt, or baking soda on your face

These kinds of scrubs can be great for the thicker skin of your body, but they'll cause microtears in your facial skin.

Pressure!

If you're scrubbing with a physical exfoliant—one that has a scrubby texture you can feel—you need to use the lightest possible pressure.

Skin brushes and loofahs.

They tend to harbor bacteria and even mold. Use a clean washcloth, or just your hands!

START USING

Black Clay Facial Soap or Pumpkin Facial Soap

These soaps contain very mild, natural exfoliants, such as Dead Sea mud, clay, honey, pumpkin, and tomato and are safe for daily use.

Detox Exfoliating Mask or Adzuki Nourishing Mask

These masks are physical and chemical exfoliants, and should be used once every 7-10 days, depending on your skin's response. Sensitive or acne prone skin may do better with the essential-oil free Detox mask, while dull or dehydrated skin will appreciate the Adzuki mask.

Nectar or Brighten Serum

Both Nectar and Brighten can help brighten and even skin tone, and improve skin texture. Vitamin A and carotenoids in these serums contribute to a gentle, gradual exfoliation.

Lavender Pine Body Soap and Himalayan Body Buff

Two of our most popular scrubby body products. Lavender Pine Soap can be used daily, especially on bumpy areas of the body like the backs of the arms or the thighs. The body buff is a once-a-week salt scrub.

Serenity Milk Bath

Lactic acid and oats soften the skin and loosen old skin cells so they can shed gently.

2 SUPER IMPORTANT NEXT STEPS

If you feel like your skin needs more exfoliation, you can consider a gentle acid as part of your regular routine.

Alpha-hydroxy acids like lactic acid and glycolic acid are fairly gentle for use on sensitive skin. These can be found in clinical products, or ingredients such as milk, yogurt, honey, papaya, and tomato. Beta-hydroxy acids like salicylic acid may be too harsh for some skin types, and tend to be more drying. Azelaic acid may be a better choice for sensitive, acne-prone skin—speak with your dermatologist about prescription options. And there's a wide range of retinoids you can discuss with your dermatologist. Retinoids are forms of Vitamin A, and range from prescription strength to over-the-counter products to completely natural ingredients like rosehip seed oil, sea buckthorn, broccoli seed oil, and argan oil.

3 NOW FOR THE FUN PART: THE SHOPPING LIST!

FOR THE SKIN

[Osmia Lavender Pine Soap](#)

[Osmia Coffee Mint Soap](#)

[Osmia Himalayan Body Buff](#)

[Osmia Serenity Milk Bath](#)

FOR THE FACE

[Osmia Black Clay Facial Soap](#)

[Osmia Pumpkin Facial Soap](#)

[Osmia Detox Exfoliating Mask](#)

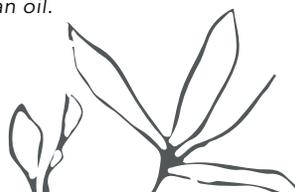
[Osmia Adzuki Nourishing Mask](#)

[Osmia Brighten Facial Serum](#)

[Osmia Nectar Vital Rose Drops](#)

HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, please email [us](mailto:us@osmia.com) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



Additional homework for greater success:

If your goal with exfoliation is to end up with healthy, glowing skin, remember that no amount of exfoliation or skincare can make up for a poor diet! A whole-foods, plant-rich diet and plenty of hydration will support your skin from the inside, and there's simply no substitute for that.

Also, you need to support your skin with active stress management. Get outside,

exercise regularly, spend time with friends and family as much as possible, and give meditation a try if you haven't already. Stress creates a hormonal effect in the body, which will show up on your skin if it's out of balance. So take time to take care of you, and you'll see the difference on your face!

WE ARE HERE FOR YOU.

Reach out anytime at
info@osmiaorganics.com

We're here to answer questions, and to hear your success stories!

You can do this.

Remember that your body is designed pretty ingeniously, and does most of its jobs without your help, from detoxing to exfoliation. Your job is to support your skin inside and out in what it's already doing, and give it a little extra boost with some gentle exfoliation. If you're seeing irritation, it means you need to step back and let your skin relax for a bit. With close attention to what your skin is telling you, there's a beautiful balance to be found for your skin—you'll be glowing before you know it.

With healthy and joy,

