



Spring is coming, and you know what that means--fresh faces and glowing skin! Cold weather may have left your skin looking dull and lacklustre, but there is a sure-fire way to obtain the beautiful skin you desire. Exfoliate!

Exfoliation is the process of removing those built-up, dead cells from the surface of the skin. Those cells can cause our skin to look and feel dull, dry, and lifeless, so it's up to us to remove them through exfoliation. There are two main types of exfoliation: mechanical and chemical.

Mechanical exfoliation is physically knocking these dead skin cells off, often times with a granular substance like the jojoba beads, which can be found in the Anti-Aging Exfoliant Masque, or corundum crystals, which can be found in Professional Micro Scrub.

Chemical exfoliation uses different types of chemicals that, one by one, gently break those dead cells apart. Enzymes, AHAs, and BHAs are all chemical exfoliators, but each one works in a very different way.

Enzymes gently digest only the outer layer of dead skin cells. YOUTH Firm Age Defying Peel, from our Age Management line, contains a 30% enzyme that is mild enough to use at home once a week. AHAs, like lactic, malic, and glycolic acid, penetrate into the skin and dissolve the “glue” that holds those dead skin cells together. Both malic and glycolic acid are in Master Aesthetics Elite Gentle Facial Wash, a foaming cleanser that can be used daily for all skin types. BHAs, like salicylic acid, work by softening the keratin, or protein, that forms skin. Because salicylic acid not only exfoliates the skin, but reduces oil production, it is highly recommended for acne.

The Serious Action Skin Gel is a great option to reduce and control acne and exfoliate the skin. Mechanical exfoliation is great for people who like to have that “just scrubbed” feeling and for use on the body, but if you have thin, sensitive skin or active, inflamed breakouts, chemical exfoliators should be used to kill bacteria and prevent damage.

The removal of dead skin build up also allows other skincare products to penetrate deeper into the skin, making every product you use after exfoliation much more effective. When you put your serums and moisturizers right on top of skin that needs exfoliation, it penetrates very deep into the skin. That build up creates a barrier between your product and the live layers of the skin. It is important to exfoliate one to two times weekly in order to get the best possible results with all of your products. Be sure to remember that two times per week is plenty and that more is not always better. Using aggressive chemicals or scrubs too often can cause redness, irritation, inflammation, and damage in the skin. Exfoliation will slow down the aging process and keep blackheads away. Just remember not to overdo it.

We also know that SPF should be used daily throughout the year but especially in the spring as we emerge into the sun after spending so much time indoors during the cold months. A lightweight, non-greasy, gel formula sunscreen like Photo-Age Environmental Protection Gel 15 is recommended to protect the face, décolleté, and even arms and hands from harmful UV rays. The use of mechanical and chemical exfoliants can also make you more photo-sensitive, so be extra liberal in your SPF application after any type of exfoliation.

Remember that over exfoliation can lead to skin sensitivities, so make sure you talk to your aesthetician about how often they recommend using exfoliating products at home based on your skin type and condition.

If you have any questions and would like to speak to one of our friendly Master Aestheticians in your area please email support@glymedplusaustralia.com.au

Written by The Institute of Skin Science