

Exfoliation FAQ

Q: What's the difference between physical and chemical exfoliants?

A: Both physical and liquid exfoliants work to remove dulling surface cells for a brighter, smoother surface. Physical exfoliants use friction together with grains or particles to mechanically remove dead skin cells. This can be achieved through gentle slightly abrasive ingredients, like in our New Cell Scrub with bamboo extract and jojoba beads, or in our Detox Body Scrub with sea salt. You always want to steer clear of scrubs made from ground-up fruit pits or nut shells, which actually do more harm than good as they scratch and irritate skin.

Liquid exfoliants smooth skin by dissolving the intercellular “glue” that attach dead skin cells to the skin's surface. Liquid exfoliants can also digest the cells as well. Alpha Hydroxy Acids (AHA's) and Pineapple and Papaya Enzymes found in our Cellular Renewal Mask, and Retinol found in our Genius Nightly Resurfacing Pads are examples of liquid exfoliants.

Q: When shouldn't I exfoliate?

A: While exfoliation is recommended for almost every skin condition, there are times when you shouldn't exfoliate.

Skin that has been recently sunburned or waxed should not be exfoliated. Never exfoliate over open wounds or cuts.

If you have a sensitized skin condition, exfoliation may further compromise your skin's natural protective barrier.