



Sloane Inc Calendula Toner, \$60. With a blend of gentle exfoliating acids, it dissolves dead skin cells and prevents the formation of excess oil, clogged pores and acne.



Toners

While some can refine skin and get rid of surface dead cells, not all formulas do so. "Only toners with AHAs or BHAs have exfoliant properties," explains Dr Low Chai Ling, medical director of The Sloane Clinic.

BEAUTY

THAT EXTRA POLISH

Blemishes, fine lines, dryness, dark spots and dullness - did



...then, you probably know by now that exfoliating keeps the skin away from applying a single cream, plump up the lines, but 'You up, how often do you exfoliate, if at all? Most of us may exfoliate as a more intensive form of exfoliating goal to do for our moisture. But using a scrub weekly or doing a DIY put isn't a substitute for a facial foam.

"While some cleansers remove superficial grime and dirt, exfoliators slough off dead skin. It's an important process - if you consider how our skin dies this naturally. Dr Parvita Wong, medical aesthetician director of The Sloane Clinic, says "Our skin regenerates by growing new layers to replace the top ones. Exfoliation is the removal of surface dry cells. It is a naturally occurring process whereby dead surface cells are sloughed off to reveal new skin."

What's in it for me?

So many face wonder why it is necessary to use exfoliators if our skin is already doing its work. The reason: excess of dead skin can clog up the face's surface and require manual help to remove. Also, as we get older, our skin's ability to remove itself becomes weaker and it's unable to get rid of surface debris on its own.

Especially oily or dry complexion also require extra help. Dr Wong says "Excess sebum can act as an adhesive which makes it hard for dead skin to be removed. On the other hand, if skin is dry, surface dead cells accumulate very quickly, which inhibits natural exfoliation."

Even if you know what exfoliating does, you're probably still wondering how you can benefit from it. Here, there's the immediate effect: skin becomes smoother and more radiant. This is because when old cells

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BEAUTY

Facial scrubs

These usually have more beads or powders to mechanically get rid of dead skin.

Dr's Cosmetics Scrub, \$18. Contains botanical extracts to soothe and hydrate skin. It's gentle enough for sensitive skin, but it's also strong enough to exfoliate and brighten skin.



Slippery When Buff and Buff Facial Scrub, \$15. Contains micro-beads to buff away dead skin and exfoliate. It's gentle enough for sensitive skin, but it's also strong enough to exfoliate and brighten skin.

Chemical Peels These are used to exfoliate the skin. They are used to treat various skin conditions, including acne, wrinkles, and dark spots. They are used to remove the top layer of dead skin cells, which allows new skin cells to grow back. This process is called exfoliation.

Serums & concentrates

Such exfoliants tend to contain acids to loosen the bonds that hold surface skin cells together. They often offer skincare benefits such as moisturizing.

Slippery When Buff Concentrate, \$15. This serum not only regulates oil balance, it also strengthens the skin surface to prevent free radical damage.



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Peels

Generally considered the strongest form of over-the-counter exfoliants, peels are used to remove and refine skin.

Slippery When Buff Peel, \$15. This peel is a gentle yet effective way to exfoliate the skin. It's perfect for those who want to improve their skin's texture and tone.



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remain on the surface, your complexion becomes rough and looks dull. Getting rid of the "scab" skin will give a more even, brighter appearance.

Exfoliating can also remove clogged pores and blemishes. A build-up of dead cells on the skin's surface traps oil in pores. If left untreated, this can lead to blemishes.

Another advantage of "polishing" skin is its ability to lighten dark spots by breaking up pigmented cells and letting them fall away faster. In your complexion is more even and your facial scars become less obvious.

"Regular use of exfoliators which are correctly designed exfoliate skin tissues. Exfoliating helps to get rid of those tissues and encourage the formation of new, healthy skin," says Dr Wong.

It gets better by helping to reduce the appearance of wrinkles. Exfoliation risks skin loss acting young.

Other perks? As your skin gets less congested, it absorbs skincare and moisture better. Dr Low Chai Ling, medical director of The Sloane Clinic, says "If you find that your skincare products have stopped working for you, exfoliation can actually enhance their efficacy."

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There are several methods. One is mechanical - using products like scrubs or brushes. Another is chemical - using acids like AHAs or BHAs. These acids break down the bonds that hold dead skin cells together, allowing them to be removed.

Chemical exfoliants can be applied in high concentrations by a medical professional, or used in lower doses in over-the-counter products like resurfacing serums or peels.

So how often should you whip out the facial scrub? Dr Wong says, "Exfoliating is crucial for the overall health and appearance of skin. But it is important not to over-exfoliate when you use skin care products."

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Sloane Inc Sleeping Peel, \$90.

An oil-free aloe vera gel with glycolic acid that helps to fight bacteria and increase the rate of natural skin exfoliation. Repeated use supposedly reduces oiliness and the appearance of fine lines.

