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How Often Should You Use Charcoal Skin Care? Here's What The Pros Have To Say

By Kali Borovic | August 26, 2016



There are fads for everything from clothing to beauty products, but charcoal skincare seems to be here to stay. There are tons of different products out there that use the ingredient, but it turns out that you might be overusing it. How often should you use charcoal skincare? According to the pros, you should listen to your skin.

As an avid mask user, I have to say that charcoal is one of my absolute favorite skincare ingredients. There's nothing else that seems to clear out my pores like this magical ingredient, but too much of a good thing can eventually turn into a bad thing. According to Beverly Hills dermatologist and founder of SKINxFIVE, [Dr. Ava Shamban](#), you shouldn't necessarily use it every single day.

"Depending on the needs of your skin, it can be used anywhere from one to three times a week, as it will cleanse your pores and neutralize some environmental toxins," Dr. Shamban tells me via email. "Do not use daily as it can soak up the natural oils and moisture in your skin."

It turns out that there are simple ways to find out if you're using the ingredient too much. "If your skin looks dry, flakey, or irritated, you're using the product too much," Dr. Shamban says. Bottom line? Listen to your skin, people!

If you're looking to invest in a good charcoal skincare product, and I suggest you do, then these are some of the top options out there.

1. Glam Glow SuperMud



Supermud Clearing Treatment, \$69, [sephora.com](https://www.sephora.com)

This mask is the ultimate, in my opinion.

2. Origins Clear Improvement



Origins Clear Improvement Active Charcoal Mask, \$26, [macys.com](https://www.macys.com)

If you're looking for something gentle, then this is the mask for you.

3. Sephora Nose Strips



Sephora Collection Charcoal Nose Strips, \$3, [sephora.com](https://www.sephora.com)

Or you could always try the ingredient out with a single nose strip to see if you like it.

4. Biore Self Heating Mask



Biore Self heating One Minute Mask, \$5.47, [jet.com](https://www.jet.com)

You can even find effective charcoal at the drugstore.

5. Boscia Pore Pudding



Charcoal Pore Pudding Intense Wash-Off Treatment, \$38, [sephora.com](https://www.sephora.com)

This one treatment has a mixture of both black and white charcoal, plus it just looks really cool in the jar.

6. 100% Pure Sponge



Konjac Charcoal Sponge, \$15, [100percentpure.com](https://www.100percentpure.com)

There are even skincare tools that incorporate the ingredient.

7. First Aid Beauty Body Polish



Cleansing Body Polish With Active Charcoal, \$28, [sephora.com](https://www.sephora.com)

Charcoal isn't just for your face either. This product is made to use all over your body. So much charcoal, so little time!

<http://www.bustle.com/articles/177996-how-often-should-you-use-charcoal-skin-care-heres-what-the-pros-have-to-say>