

# allure

## The 5 Spring Skin Changes to Make In the New Season

By: Sarah Kinonen – March 13, 2017



Our Allure motto? New season, new skin-care regimen. And since spring skin is probably on your mind, given that the official start to the season is just around the corner (it's a week away, people!), there's no better time than the present to start prepping your complexion for the impending (and highly welcomed) rising temps and sticky, heavy humidity that lies ahead. Here are the five top tips from dermatologists to help stave off vernal skin-related freak-outs.

Start scrubbing.

Snow, sludge, and rain can cause season-long buildup on the skin—of dead skin cells, leftover product, and environmental toxins—which is why Beverly Hills-based dermatologist **Ava Shamban** recommends exfoliating in the new season. "Light micro-dermabrasion, followed by a moisturizing mask, will help get rid of that old dead, winter skin," says Shamban. To keep skin smooth and hydrated, Shamban recommends masking up to three times a week. A few of our favorites? The Tonymoly Megatox Ampoule Mask and the Frank Body Glow Mask, both of which offer loads of extra extra hydration while giving skin a fresh, dewy glow.

<http://www.allure.com/story/spring-skin-tips>