

Health

This Is the Best Way to Make Your Pores Look Smaller

By Kathleen Felton | November 9, 2018



Large pores are a common skincare complaint. But unfortunately, making them smaller isn't as simple as just taking a cold shower. "Contrary to popular believe, there are no muscles within your pores, so treatments with cold water will not shrink them," says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City.

What causes large pores?

First, the bad news. "The size of your pores depends primarily on your genes," says New York City dermatologist Debra Jaliman, MD. As a result, no single lotion or potion will make pores magically shrink in size, at least not right away.

"Treating pore size is definitely a lifelong process," adds Arash Akhavan, MD, a dermatologist at the Dermatology and Laser Group in New York City. "You're fighting genetics and aging."

But don't despair: Over-the-counter products can temporarily minimize the appearance of pores, and there are also treatments that unclog large pores so they're a lot less noticeable.

The best pore-minimizing products

5 L'Oréal Paris Skincare Pure-Clay Face Mask

"A kaolin clay mask is best to empty the pores of all debris and then they will shrink on their own," says **Ava Shamban, MD, a dermatologist based in Beverly Hills and founder of SKINFIVE**. We like **L'Oréal Paris Skincare Pure-Clay Face Mask**; in addition to kaolin clay, the formula contains Moroccan lava clay and charcoal to help pull out impurities.



<https://www.health.com/beauty/best-way-to-shrink-pores>