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What Type of Exfoliator Should You Be Using?

By: Barris Pick. February 12, 2019



Physical Exfoliation

If you grew up with St. Ives Fresh Skin Apricot Scrub in your shower, or if you use a loofah with your body wash, you already know what physical exfoliation is. This process is mostly done with cream or gel-based facial scrubs that are made with tiny physical particles, like ground-up seeds, to peel up and sweep away the dead skin cells. Microbeads, or little plastic spheres, used to be the most popular particle used in physical scrubs, but due to their dangerous environmental impact, they have since been banned.

But physical exfoliation (also known as mechanical exfoliation) isn't just limited to scrubs. Dr. Marmur says brushes and lasers also fit under this category.

Like its chemical counterpart, there are some downsides to physical exfoliation, especially for the skin found on the face.

"The particles [in a scrub] can be jagged and can lead to micro-injuries of the skin, which can cause pigmentation and irritation," board-certified dermatologist and celebrity beauty expert, **Dr. Anna Guanche**, says. Because of that, she actually prefers the chemical process.

To find out which form of exfoliation you're the best candidate for, reach out to your dermatologist for advice.

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