



A Seasonal Skincare Guide: Spring Edition

By: Daley Quinn March 20, 2019



EXFOLIATION

Many people avoid exfoliation during the winter months, as it can oftentimes dry out skin even more. Spring is the ideal time to add exfoliation back into your routine, especially because we are able to tolerate acids and stronger formulations of active ingredients during these months (although, it's important to wear sunscreen daily to protect your newly exfoliated skin). "During spring, it's great to exfoliate and brighten the dull skin that has accumulated during the winter," says **Anna Guanche M.D.**, board-certified dermatologist and celebrity beauty expert in Calabasas, Calif.

The two types of exfoliation, chemical and physical, can be incorporated into your springtime skincare routine, depending on your specific needs and preferences. "Chemical exfoliation is the act of removing the top layer of the skin by using various acids to smooth, soften and brighten the skin, or to make products penetrate deeper — some of my favorites include glycolic acid, lactic acid or salicylic acid," says Guanche.

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