

TODAY

What is dermaplaning and why should you try it?

Shaving your face is more common than you might think.

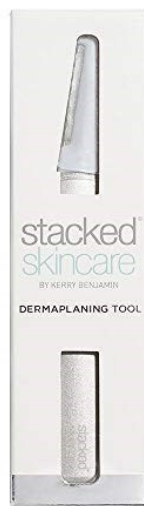
By Daley Quinn | April 22, 2019



It might be time to trade in the high-tech cleansing device for the latest trend in physical exfoliation: a razor (aka a dermaplaning tool).

You can thank celebrities and facialists like Huda Kattan and Kate Somerville for crushing the taboo topic of female face shaving just a few years ago when Kattan shared a how-to dermaplaning video and Somerville spilled her secret in a New York Times article. Since then, dermaplaning has become a must-have tool for many celebrity estheticians and makeup artists, and new at-home devices make dermaplaning even more accessible.

Finally, sunblock is important after a dermaplaning treatment. “Sunblock application is a must since you are exposing newly-exfoliated skin, as this skin is easily damaged by UV light,” says board-certified dermatologist and celebrity beauty expert, [Dr. Anna Guanche](#).



Dr. Guanche recommends the StackedSkincare Dermablading because it "can easily be used at a 45-degree angle to remove unwanted hair and dead skin cells, leaving the skin fresh."

<https://www.today.com/style/what-dermaplaning-why-should-you-try-it-t150418>