

VOGUE

Is adding salt to your skincare routine good for your complexion?

By Devon Abelman | June 21, 2019

The tableside seasoning could have amazing benefits for reducing acne. Here, we tell you why you should consider skincare products with salt in their ingredient lists, and list out the ones you can buy



1) Major exfoliation

Body scrubs are a pretty obvious indication that salt is a great natural exfoliant, much like sugar, cosmetic chemist Ginger King points out. In face scrubs, salt helps slough away dead skin to brighten dull complexions. Salt can leave skin “visibly smoother and improve skin texture over time,” New York City-based dermatologist Arash Akhavan tells Allure.

This mechanical form of exfoliation comes with a warning, though: “One has to be cautious when using salt to scrub their face as each particle could cause minor abrasions of the skin,” says [Anna Guanche](#), a Calabasas, California-based dermatologist. Instead of mixing a scrub from



scratch, Too Cool for School's Mineral Pink Salt Deep Cleansing Foam or the beloved Ocean Salt Scrub from Lush are safe bets. They're packed with ultrafine granules that are less likely to cause damage. For a more luxurious option, K-pop star Tiffany Young swears by the super luxe La Mer Replenishing Oil Exfoliator. And for those who wish to take salt's exfoliating capabilities to the next level and leave them in the hands of professionals, salt facials are an amazing alternative and come recommended by Akhavan. I got mine at the Skinney MedSpa in New York City, but you can go on yourmas.com to find a clinic near you that offers the treatment.

2) Deep cleansing

Unlike sugar, salt has a "slight edge because of its antimicrobial properties," King says, and it's often added to cleansers.

Guanche compares washing your face with salt-spiked products to salted fish. The dry, preserved food doesn't have to be refrigerated because "bacteria does not grow as well in a high-salinity environment," she explains. The same applies to skin. When swiping on a cleansing water—like Blithe's Anti-Polluaging Himalayan Pink Salt Cleansing Water—the ingredient helps kill and stave off bacteria. "Salt has absorbent properties and is, therefore, a good ingredient to look for if you wish to relieve congestion in your pores," Arash explains. So, if you have blackheads that just won't budge, something like the Tony Moly Egg Pore Blackhead Steam Balm might do the trick.

You can also double cleanse with salt, starting by melting away your makeup with Too Cool for School's Mineral Pink Salt Deep Cleansing Oil. Then you can rinse away water-based impurities (like dirt and sweat) with K-beauty brand Innisfree's Purifying Facial Cleanser, which offers sea salt as its featured ingredient.

3) Powerful balancing

When you combine salt's absorbent and antibacterial effects, Guanche says salt-infused-skin care could be helpful for those with acne. Not only does salt help absorb impurities, but it also soaks up sebum to help control and balance your skin's oil levels.

Cleansing your face with a salt-infused product isn't the only way to put salt's blemish-busting powers to the test. Toners work well, too. If you already have products labeled as balancing in your skincare routine, they may have good old sodium chloride or seawater on their ingredients list. The Laneige Fresh Calming Toner and Kora Balancing Rose Mist, for example, have salt in their formulas.

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