

INSIDE
tip

Be sure to use exfoliants as directed since leaving acids on too long or over-scrubbing with abrasives can cause skin irritation or injury.

AS WE AGE, SKIN-CELL TURNOVER SLOWS FROM A NORMAL CYCLE OF 24 TO 28 DAYS TO AS MANY AS 38 DAYS OR MORE. HOWEVER, REGULAR EXFOLIATION CAN PROMOTE THE SHEDDING OF THE SKIN'S DULL, OUTER LAYER—AND THE FINE LINES AND DISCOLORATION THAT RESIDE THERE. HELP YOUR SKIN ACT YOUNGER WITH THESE OFFERINGS THAT SYNC UP WITH ANY PREFERENCE AND SKIN TYPE.

A DISPOSABLE PAD

"We love these portable single-use pads. They get the job done without leaving our skin too pink."

A SCRUB AND PEEL

"Our favorite part about this scrub—other than how great our skin looks afterwards—is that the particles start to dissolve so it's virtually impossible to over-exfoliate."

A MASK

"The box made it abundantly clear that this mask is not for sensitive skin, but we endured the mild stinging and were pleased with the rosy afterglow."

MANUAL AND ENZYME



Shiseido Bio-Performance Super Exfoliating Discs

With a textured side to loosen dead skin cells and a silky side to polish the skin's surface, these once-a-week exfoliating "pillows" are designed to minimize the appearance of pores and fine lines. The powder-based exfoliating complex is activated with water and contains brewer's yeast extract to soften the skin along with TMG to break down the proteins that bind dead cells to the skin's surface and facilitate their removal. **\$64 for eight; visit sca.shiseido.com for retail store locations**

MANUAL AND CHEMICAL



DERMAdoctor Physical Chemistry

This product incorporates two skin-smoothing treatments in one jar. The multiacid complex (including glycolic, lactic, azelaic and beta-hydroxy acids) works to eliminate skin-cell buildup and discoloration as the buffing beads gently sweep away debris without the risk of overexfoliation. To further protect and soothe the skin, antioxidant-filled green tea and algae extracts neutralize free radicals as well as any redness or irritation. **\$75; dermadactor.com**

CHEMICAL



Dr. Sebugh Deep Exfoliating Mask

Safe enough for daily use, this scrub-free mask contains glycolic and lactic acids to remove dead cells and promote faster cell turnover. As an added bonus, the mask also includes skin-lightening azelaic acid to help reduce hyperpigmentation.

\$115; blissworld.com