



Just as you would change your wardrobe come fall and winter, your **grooming regimen** deserves an update, too -- especially when we're talking about exfoliation. While scrubbing your face in the summer is a no-brainer -- especially since skin feels like an oil slick and pores are clogging up like crazy -- we're here to tell you that you should be exfoliating all year long, not just when it's hot and humid out. New York-based cosmetic dermatologist **Dr. Paul Jarrod Frank** agrees: "Exfoliation is important all year round to remove dead skin cells."

There is a catch, though. "I recommend *reducing* **exfoliation** during the winter time, especially if skin is feeling sensitive," Frank explains, "because exfoliation strips away the protective layer of skin during a time when the skin's moisture levels are also decreasing." Unless you live in a particularly windy area -- in which case you should limit scrubbing to once a week, since exfoliating strips away the top protective layer of skin -- **you should exfoliate two times weekly.**

When it comes to technique, there are two things to keep in mind. First, massage the scrub in sweeping, circular motions. Concentrate on a certain part of the face before moving on to the next (as opposed to sporadically moving all over the face). And be sure to stay away from the eyes and lips, because the surrounding skin is too thin and fragile. Second, be gentle. "You can really only clean the top layers of your skin, so scrubbing harder won't help you clean any better or deeper," says Frank. In fact, scrubbing vigorously can result in blotchy and irritated skin.

So, without further ado, we reveal 5 effective ways to gently and thoroughly exfoliate your skin this fall and winter.

ARITHMETIC KONJAC EXFOLIATING SPONGE



The dark puff might look a little strange, but it couldn't be any easier to use. Simply soak the all-natural sponge in water, add a little cleanser, and buff your skin to a smooth, even glow. It's even infused with another super-trendy skincare ingredient, activated charcoal, which helps draw out impurities from skin.

MENSCIENCE MICROFINE FACE SCRUB



This advanced formula features three sizes of buffing beads to help ensure a thorough, deep clean. (It's especially good as a pre-shave treatment.) Glycolic and salicylic acid help remove dead skin cells while keeping pores clear. And because it's so thick and concentrated, you only need to use a pea-sized amount.

FRESH SUGAR FACE POLISH



Fresh

If dry skin is what ails you, look for a scrub made with sugar. Not only is the ingredient natural and gentle on skin, but it also exfoliates and hydrates at the same time. While showering, leave this luxurious version on for up to ten minutes before rinsing off. Your skin will be incredibly soft and smooth.

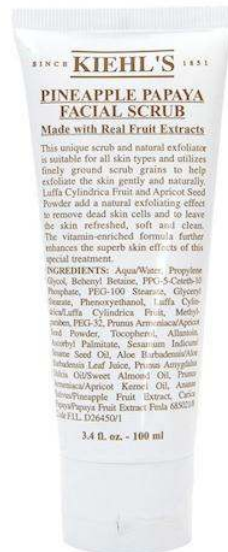
CLARISONIC ALPHA FIT CLEANSING SYSTEM FOR MEN



Clarisonic

Widely recommended by dermatologists, this hand-held device is especially beneficial for guys with oily skin. Frank says that, with regular use, "pores will be less clogged, which will help skincare products penetrate better." Bonus points: there's even a setting for deep-cleaning beards.

KIEHL'S PINEAPPLE PAPAYA FACIAL SCRUB



Kiehl's

Frank recommends this for sensitive skin types as it's "gentle" and "creamy." The small bits of pineapple and papaya in the formula contain naturally-derived enzymes, which help exfoliate dead skin cells while brightening even the duller complexions.