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A 5-Step Guide to Your Smoothest Face Ever

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"Uneven skin texture is commonly a result of excess dead skin cells that build up on the surface of the skin," explains cosmetic dermatologist Paul Jarrod Frank, MD. "This can make areas of the skin feel rough or bumpy to the touch and can also give the skin a dull appearance." As for how it happens, there are a number of potential factors. "In addition to dead skin cell buildup, chronic sun exposure can also play a big role in uneven skin texture and pore size irregularity," he says. "Natural aging of the skin will also make the skin look duller. Factors such as smoking may also contribute, and other skin conditions such as eczema and dry skin can severely affect skin tone and texture."

Dr. Frank guesses that the reason uneven texture isn't as buzzy as uneven skin tone (which deals with pigmentation, to be clear) comes down to the ability to treat it—those who deal with chronic texture issues will see the best results with laser treatments. But there are a few ways to get a more even skin surface at home. **Keep reading for a five-step guide to smoothing out your face once and for all.**



Caudalie Glycolic Peel Mask (\$39)

Dr. Frank recommends glycolic acid peels at home, or, if you have the opportunity to try it, a chemical peel at the dermatologist's office. It's an acuter way to resurface skin than just exfoliating by hand. "This can remove sun-damaged skin and stimulate its healthy regrowth in a controlled fashion," he says. "The resulting exfoliation removes dead cell layers, promotes underlying collagen regeneration to reduce fine lines and evens out the texture and pigment of one's skin."