

# These 6 Easy Steps to Improve Skin Texture Are the Key to Flawless Skin

by KELLY DAWSON

Skin texture isn't one of those qualities that immediately comes to mind when you're thinking about the ideal complexion. A blemish and blackhead-free appearance, sure, but even *texture*? That description would likely fall far down on your list—if getting a mention at all. But as it turns out, focusing on your skin's texture is essential to picture-perfect skin.

“Uneven skin texture is commonly a result of excess dead skin cells that build up on the surface of the skin,” cosmetic dermatologist Paul Jarrod Frank, MD, told Byrdie earlier this year. “This can make areas of the skin feel rough or bumpy to the touch and can also give the skin a dull appearance.”

Sun damage and exposure to environmental toxins are often the most culpable reasons for uneven texture, which can be pinpointed to symptoms like dry patches and red bumps. Furthermore, the thinness of facial skin makes it more likely for signs of aging to appear here before other areas of the body, exacerbating those symptoms even more. Given all of this, why is it that skin texture isn't often considered in our regimens?

Well, its symptoms might often be confused with other classifications like skin tone, which focuses more on pigmentation, or they might be seen as issues that can only be solved at a dermatologist's office. And while in-office laser treatments shouldn't be off the table, especially to treat chronic problems with texture, we found exactly how to improve skin texture to help remedy most issues at home. Once you start using them, we're sure you'll notice how your skin has improved.

## Drink Water

Improving skin texture can be as simple as staying hydrated throughout the day since that moisture helps to make skin look and feel smoother. Moisturized skin also tends to lessen the appearance of dullness, which is a common symptom of uneven texture.



## Exfoliate

It's important to wash away those dead skin cells once per week with an exfoliant, which can be done either with a sonic brush or an everyday washcloth. The key is to find an exfoliant that isn't too harsh on your skin since abrasive exfoliants can cause micro-tears and excess oil production. This option has natural corn beads and grape pulp to clean and moisturize.



## Use a Chemical Peel

If you're not sure about making an appointment for a chemical peel with a dermatologist just yet, try one at home that has the ingredients you need to remove dead skin and exfoliate. This one has pomegranate enzymes that brighten skin as well as hydroxy acids that lift away dead skin cells. Start using this once a week and adjust if necessary.



## Try a Facial Oil

Although it might seem counterproductive at first, using a facial oil can actually keep the skin from producing too much oil in the first place, which is often behind uneven skin. Look for one that's packed with antioxidants to fight against environmental pollutants while also delivering the moisture you need for radiance.



## Use Vitamin C

Vitamin C is a must-have ingredient for protecting your skin against the free radicals in the environment that lead to uneven skin. It'll boost the brightness of skin, too, while also reducing the appearance of fine lines. As an added bonus, this option contains glycerin to help retain moisture.



# Never Forget to Wear SPF

Since uneven skin texture is often caused by sun damage, be sure to wear sunscreen every single day. This pick is specifically designed for the face and can be worn under makeup. Win, win.

