

## SPOTLYTE.

# Yes, You Can Exfoliate Too Much — Here's How to Recover



Is it just me, or is exfoliation huge right now? Everywhere I look, it seems like there is a new mask, serum, or cream that promises to brighten skin by getting rid of dead cells. That isn't a bad thing, necessarily. Removing dead cells can help skin's appearance by evening tone, helping to reduce fine lines and wrinkles, and even promoting better absorption of other skincare products. The American Association of Dermatologists attests to these benefits of exfoliation — but it also warns that it may not be for everyone.

### **How Does Over-Exfoliation Happen?**

Despite what you might assume, over-exfoliation is very common. “There is a misconception about exfoliating,” says lead esthetician at Dr. Paul Jarrod Frank's PFRANKMD® Skin Salon, [Edyta Jarosz](#). “I see people overdoing it all the time. They are using chemical peels too much at home, or using scrubs on sensitive skin.”