

The Magic of Exfoliation

Not many people are aware that the skin is, in actual fact, the largest organ in the body. Another interesting fact is that the human skin produces roughly one million skin cells every minute. This equates to over 5 billion skin cells per day!

These facts re-enforce the need for proper exfoliation when it comes to maintaining and enhancing the quality of your skin. This article looks at what exfoliation actually is and how it can be used to improve the look and health of your skin.

What is Exfoliation?

Put simply, exfoliation is the process of removing cells from the skin. When we exfoliate we not only immediately refresh the skin's appearance but also stimulate cell renewal. There are many techniques that can be used to carry out this exfoliation process. Among them are scrubs, peels, masques and dermabrasion.

Does everybody need to Exfoliate?

Every single person on the planet exfoliates naturally. The way this natural process occurs, however, will vary from person to person and depends on factors such as age and skin type. Teenagers completely regenerate their external layer of skin, on average every 14 days. By the time you are 40, however, that rate has increased to 30-40 days. If you are in any doubt as to which exfoliant to use and how often to use it contact your local skin care specialist. Another way to find out which skin care products are right for your skin type is to use an on-line [dermalogica face mapping service](#). This service will analyse your skin condition and recommend a core regimen to suit your skin type.

What are the benefits of Exfoliation?

Exfoliation has many different benefits. As well as promoting skin cell renewal it will improve the quality and tone of your skin, making it look fresher and healthier. Exfoliation can be used to improve many different skin types. It can be used to help treat acneic, aging, and dry/dehydrated skin and can also be used to treat hyper pigmentation

Can you over Exfoliate?

Many people are of the belief that the more you do something the higher level of results you achieve. This may be true for some things but it is not true for exfoliation. If you over-exfoliate you will no longer be removing dead skin cells you will actually be scrubbing away the protective barrier of the epidermis. This can result in permanent sensitization, premature aging and various different other concerns. The amount of times you need to exfoliate will depend on the strength of the exfoliant, your age and the skin condition you have.

About the Author

Alana Mcleod is the director of professional skin care company Perfect Skin Care. Perfect Skin Care offer the full range of [Dermalogica Skin Care Products](#) at discounted prices of up to 30% off. For more information or to purchase these products check out the [Perfect Skin Care Dermalogica UK](#) website.

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