

what's the right way to exfoliate?

Fact: there *is* a right way to exfoliate. Here's everything you need to know.



story highlights

- Incorporating regular exfoliation into your skin care routine is key in maintaining luminous, healthy-looking skin.
 - It's important to hydrate immediately after exfoliating for best results.
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If you're reading this, you probably already know that regular exfoliation helps to reveal brighter, fresher-looking skin. That's because exfoliating speeds up desquamation (skin's natural exfoliation process). But did you know that, done right, **exfoliation can also help all your other skin care products work their best?** It's true: if you don't remove dulling, dead skin cells via exfoliation, they can form a barrier that prevents the active ingredients in your skin care products from properly penetrating the skin.

Here's how to fit regular exfoliation into your skin care regimen for luminous, healthy-looking skin:

1. double cleanse

Proper exfoliation starts with clean skin – and that means the Dermalogica Double Cleanse, starting with [PreCleanse](#) and finishing with your prescribed Dermalogica cleanser. This two-step routine is the best way to remove make-up residue, excess oil, and other impurities so that your exfoliant can do its job.

2. exfoliate

Chemical vs. physical, daily vs. weekly: the first step is finding the right exfoliant for your skin. To avoid over-exfoliating, choose one that works with your skin condition. Not sure where to start? Get [Face Mapped!](#)

3. hydrate

Exfoliation removes dulling, dead skin cells that prevent skin care products from penetrating properly – which means that the best time to hydrate is immediately after you exfoliate. If you're looking for extra hydration, try [Hydro Masque Exfoliant](#): its dual-action formula delivers an intense hydration boost while you exfoliate.

4. apply targeted treatments

Now that skin is properly hydrated and primed for product absorption, it's time to apply your [targeted treatments](#). To learn more about which ones are right for you, [chat with an expert!](#)

Want to learn more about which exfoliants fit into your skincare routine?
Visit your local Dermalogica skin therapist for a completely customized regimen.