

which exfoliant is right for you?

When it comes to choosing an exfoliant, knowing your ingredients is essential.



story highlights

- Everyone's skin is different – and choosing the right exfoliant can help keep skin healthy.
- Get Face Mapped or talk to your skin therapist to learn which exfoliants will work best for your skin.

When it comes to exfoliants, knowing your ingredients is essential. Start with this roundup of top exfoliant ingredients, then get face mapped or talk to your Dermalogica skin therapist about finding the exfoliant that best fits your skin, lifestyle and personal preferences. And, take note: If you use medically prescribed exfoliating products, ask your doctor before adding more to your regimen so you don't overdo it.



bamboo

This mineral-rich physical exfoliant delivers a targeted yet gentle exfoliation, polishing away dead skin cells for smooth, healthy-looking skin. [Hydro Masque Exfoliant](#) features touch-activated Bamboo spheres, so you can concentrate your exfoliation where skin needs it most.

lactic acid

This Alpha Hydroxy Acid helps smooth skin, and stimulate cell turnover and renewal without leaving skin dehydrated. Find it along with other AHAs and exfoliating fruit enzymes in [Rapid Reveal Peel](#).



retinol

Pure Vitamin A is the gold standard for brighter-looking skin and fewer visible signs of skin aging. Find it in [Retinol Clearing Oil](#), [Overnight Retinol Repair](#) and [Age Reversal Eye Complex](#).

phytic acid

This skin-softening phytochemical found in Rice Bran helps safely remove dulling surface debris from skin. Find it in [Daily Microfoliant](#) and [Daily Superfoliant](#), where it's ground into an ultra-fine powder that's gentle enough for even the most sensitive skin.



prickly pear extract

Derived from a hearty Sonoran Desert succulent that's able to thrive in adverse conditions, this nonacid blend helps accelerate the skin's natural exfoliation process and reduce the appearance of skin aging. Find it in scrub form with [MultiVitamin Therafoliant](#).

salicylic acid

This skin-smoothing, breakout-friendly Beta Hydroxy Acid helps remove dead skin cells by breaking apart the attachments between the cells.



hibiscus fruit extract

This rich source of Vitamin C and Pyruvic Acid has superior moisturizing capabilities and won't sting as it helps smooth and brighten skin. Find it leave-on exfoliant [Daily Resurfacer](#), which also contains Salicylic Acid.

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

Get more skin care tips at dermalogica.com