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### RESCU PRODUCT REVIEWS

## Expert Advice On Using Exfoliants On Your Skin

By Kimberly Nissen, The Beauty Bandit



Everyday you cleanse, tone and moisturise your face. You slather on creams and serums, but how often do you take everything off?

Today we are talking about exfoliating. Expert, Amanda Foxon-Hill, Cosmetic Chemist of Realize Beauty, tells us what we need to know.

**RESCU:** What are the benefits of facial exfoliation?  
**Amanda Foxon-Hill:** Healthy skin sheds every 28 days but when we are run down, stressed or as we age this process slows down. Using a product or tool to help remove dead skin helps us to feel cleaner and fresher, boost our skin's natural repair mechanisms, lighten uneven pigmentation, prevent or remove blackheads, dislodge make-up and leave skin soft & smooth.

**RESCU:** How often should we exfoliate?  
**Amanda Foxon-Hill:** Always encourage the individual to listen to their skin rather than follow a broad prescription, as everyone's skin is different. If you have greasy skin a mild weekly home exfoliation may help manage minor blackheads, and for those with dry skin once a month may be enough to remove rough and flaking patches. Combination skin can fit somewhere in between.

I would avoid exfoliating daily in any case as this can put the skin under stress, cause it to increase oil production and may lead to inflammation and physical trauma.

**RESCU:** which ingredients should we be aware of, and which ingredients are good to look for?  
**Amanda Foxon-Hill:** There are two different ways to exfoliate - chemically or physically.

Chemical peels include things like acids and enzymes, and these are best on skin that is more oily, although care should be taken not to put a strong acid on sensitive skin unless you are being treated by a therapist. Common acids used are glycolic, salicylic, malic and lactic acids. Enzymes like Papaya come from Papaya and Pineapple, and are generally milder and a safer bet for problem skin.

Physically you can use a mitt, face scrub, skin brush or a product that contains scrub particles. Common scrub agents are those derived from fruit and nut seeds, polyethylene, jojoba beads or pearl shells. These gritty particles physically rub the dirt and loose skin cells from your face.

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Elle McPherson talks to RESCU Editor




**The Products**



**Deep Clean Shine Control Daily Scrub by Neutrogena**

Using the power of both physical and chemical exfoliation with salicylic acid, this new scrub from Neutrogena gives oily skin long-lasting shine-free results.


RRP \$13.99 from supermarkets and pharmacies.



**Facial Radiance Pads by First Aid Beauty**

A simple form of exfoliation is with these quick and easy wipes from First Aid Beauty. Gentle glycolic acids are combined with feel-good ingredients such as Indian Gooseberry, cucumber, licorice root and lemon peel to exfoliate the skin and leave it looking bright and glowing.


RRP \$31.95 from David Jones



**Gentle Exfoliant by AEOs**

The highly concentrated, 100% natural and plant-derived exfoliants from AEOs are just as good for our skin as it is for our planet. Physical exfoliants are used in conjunction with seed oils to hydrate and nourish the skin while removing dead cells.


RRP \$59 from Ba Genki Shop online



**Daily Microfoliant by Dermalogica**

This gentle powder formula activates upon contact with water, releasing papain, salicylic acid and zinc enzymes to smooth the skin and accelerate cell renewal. It works by gently polishing the very surface layer of our skin rather than the traditional method of more abrasive exfoliation," says Emma Hobson, Education Manager for the International Dermal Institute.


RRP \$83.50 from Dermalogica salons nationally. Phone 1800 659 116



**Ultra Care- Facial Peel Crème by Nutrimetrics**

Perfect for those with enlarged pores, blackheads and dull skin, this potent cream peel can deliver skin-reviving results on par with clinical peels. It contains AHAs and BHAs so it is best applied at night instead of a regular night cream.


RRP \$59 from Nutrimetrics consultants or online



**Immortelle Brightening Instant Smoothing Exfoliator by L'Occitane**

The plant-based exfoliating ingredients refresh and plump skin cells, as well as evening complexion and restoring firmness.


RRP \$44.95 from L'Occitane stockists. Phone 02 8912 3000



**Pomegranate Buffing Beads by WEI**

The finely milled peels and beads from a pomegranate buff away cells for revitalised and glowing skin. Named after the "Chinese Apple", Pomegranate has been used in Chinese herbal medicine for centuries because of its antioxidant power and anticancer benefits.

RRP \$28 from Mecca Cosmetics



**RESCU Lows: Enzyme Therapy by Darné Montague-King**

We ladies at RESCU recently discovered this unique masque exfoliating treatment from DMK. The formula tightens on the face, and through the use of Transfer messenger enzymes, the masque creates a reverse viscos effect. This facilitates regular functioning of the skin, encouraging it to act like it did when we were young.

DMK therapist, Elisha, explains the importance of a treatment such as this.

"Exfoliation is crucial when it comes to the removal of dead skin cells. Without a removal process the dead cells build up and sit on the surface of the skin. By applying cream's and make-up over the top of this dead cell material it is similar to plugging the dead cells to the skin. This build-up actually exaggerates fine lines and can aggravate skin conditions."

To find a DMK clinic near you, phone 1300 00 SKIN

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