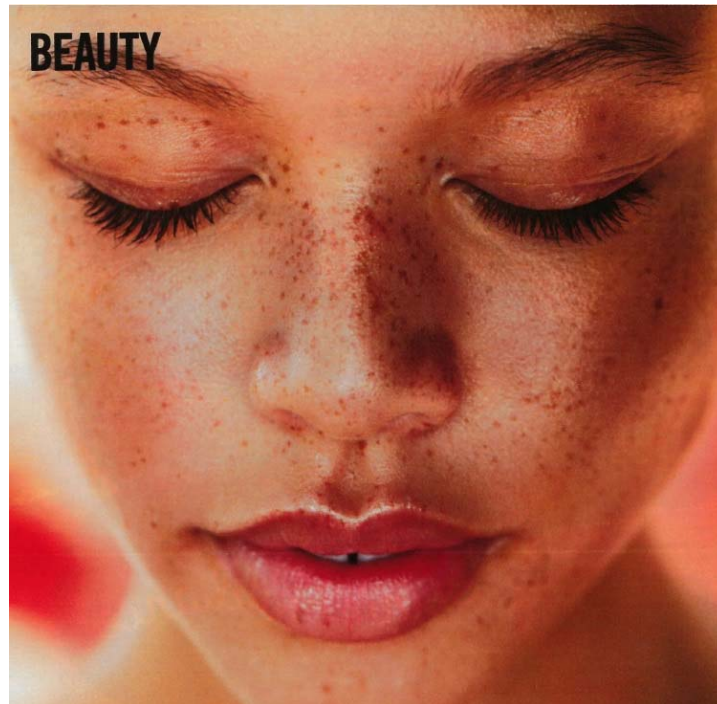




March 2016 Issue



## NOW, THE NITTY GRITTY

**SHOULD I EXFOLIATE IN THE MORNING OR NIGHT?**

Either is fine, but if you use treatments at night like retinol, you may want to exfoliate before bed, as your skin will be more receptive once dead surface cells have been removed, says Dr. Engelman.

**WHAT IF I HAVE A BAD REACTION?**

Use a 1 percent hydrocortisone cream on the area to reduce inflammation, says Heidi Waldorf, MD, a Manhattan dermatologist. And switch to a gentle cleanser and moisturizer, like those from CeraVe or Cetaphil, until skin calms down.

**CAN'T I JUST USE MY BODY SCRUB?**

No. Body scrubs often have harsher, larger granules, made to even

out the thicker, tougher skin below the neck.

**SHOULD I AVOID MY EYE AREA?**

Some exfoliators (such as Perricone MD Blue Plasma Orbital, \$65, perriconemd.com) are specifically made for the delicate eye tissue. Always check the label, and never use a scrub.

**ARE MICROBEADS BAD FOR THE PLANET?**

The plastic pellets, often found in scrubs, go down the drain and can

eventually pollute rivers, lakes, and oceans. In December, President Obama signed a bill into law that bans the manufacture of cosmetic products containing microbeads as of July 2017. Many major companies, such as Unilever, Procter and Gamble, Johnson and Johnson, and L'Oréal, have already eliminated or are in the process of phasing out the beads, opting for biodegradable, natural alternatives, such as rice, wax, and bamboo extracts.

**CAN I GET A DERM-GRADE PEEL AT HOME?**

The pros often use super-potent formulas, which require medical supervision. A close alternative: using a peel pad system (try Dr. Dennis Gross Alpha Beta Universal Daily Peel, \$84, drdennisgross.com, or Colbert MD Intensify Facial Discs, \$65, colbertmd.com). The cumulative effects can create a surface similar to a low-grade medical peel over time.