

## 5 mistakes when exfoliating facial skin at home

Not everyone knows proper home scrubs and many mistakes. This article will show you the most common fatal mistakes when exfoliating your face.

**Exfoliating** is an indispensable job in the skin care process of women. It plays a very important role, however, not everyone knows that the process of exfoliating at home is right and many people make mistakes. This article will show you the most common fatal mistakes when **exfoliating your face** .



### 5 mistakes when exfoliating facial skin at home

#### 1. Exfoliating too much

Exfoliating your face too much will cause your skin to lose its protective film. Doing this regularly will make your skin thin and weaker and lead to dehydration as well as other skin problems.

As recommended by experts, one week you should only exfoliate 1-2 times to ensure healthy skin.

#### 2. Do not clean your face before exfoliating

This is a pretty serious mistake that most people have. The facial cleansing step is quite important, it acts as a lubricant to help quickly and effectively remove exfoliation. Also cleaning before exfoliating also prevents skin from having unnecessary damage.

#### 3. Abuse of brushes or face washers

Using a brush or face wash machine will help your skin look much cleaner than when using your hands. However, abusing them will make the skin thin and irritable.

You can choose another convenient and efficient way, which is to use specialized exfoliants.



#### **4. Massage strongly and thoroughly in areas with acne**

Acne skin is often characterized as thin and more sensitive than normal skin areas. When you massage too hard or too hard in that area will accidentally make them more severe swelling.

When carrying out exfoliation for this area, you should massage gently, rinse thoroughly to not irritate the inflamed acne and spread to other places.

#### **5. Skip the skin moisturizing step**

If you think that moisturizing your skin after exfoliating is unnecessary, it means you've made a pretty bad mistake. This is one of the things that must be done to prevent skin from getting dry and pimples.

Moisturizes the skin while balancing the lost moisture and supporting nutrients to make the skin more healthy and smooth.

### **How to properly remove facial scrubs at home**

Here are simple steps for you to remove dead skin cells on your face to make your skin look whiter and healthier:

### **Step 1: Make pores expand**

Pores are the hidden position of acne causing causes such as: Dirt, sebaceous glands . Before proceeding to exfoliate the face, you need to expand pores to make the face skin cleaner.

You can use a facial steam machine or simply use a warm towel on your face for about 5 minutes. At this point, the pores will expand and are easy to clean up in the next step.

### **Step 2: Wash your face**

As mentioned above, this is an important step to remove dirt, sweat . for clean skin. Before washing, make sure your hands are clean too. Then apply a little cleanser to the palms and massage gently on the skin in circular movements for about 30 seconds.

Rinse with warm water, then wipe gently with a clean towel.

### **Step 3: Exfoliate**

You can choose two ways to exfoliate with natural ingredients or use exfoliating products on the market.

Refer to 2 ways here

### **Step 4: Wash your face again**

Washing your face again helps make your face clean.



### **Step 5: Apply sunscreen or moisturizer to the skin**

Don't be foolish, leave this step. Just a small operation, you can finish the perfect exfoliating process at home. The presence of sunscreen / moisturizer will help your skin to balance the moisture needed to avoid the harmful effects of sunlight nourishing healthy, youthful skin.



## **Suggest some safe face exfoliating machines**

### **1. Machine to remove dead skin and rejuvenate facial skin Lanaform LA131310 - Price: 2,350,000 VND**

Lanaform LA131310 is a product from Belgium that many women believe to use for exfoliation process more simply and effectively. The machine uses "micro crystals" to "shoot" the skin surface to grind away the rough, horny skin, above, and stimulate the new skin from below, click Prefer to increase collagen to reduce wrinkles. The product uses Dermabrasion technology supported by three continuous sapphire abrasives and suction. This sapphire coating eliminates dead skin to reduce the effects of skin aging.

The machine has a weight of only 450g, making operation easier. Products are warranted for 24 months.



## **2. Exfoliate and improve skin elasticity Lifetrans UI-400 - Price: 5.120.000 ?**

Compact design, easy to use, this machine not only supports effective exfoliation but also brings a comfortable and comfortable feeling for women when they are gently massaged and also effective in treating acne. extremely handy black head.



Ultrasonic technology combined with positive ions along with EMS technology helps the nutrients in the following osmosis cream inside give you a youthful, vibrant skin.

To have a bright, shiny skin, take care of it right from today. Stay away from unnecessary mistakes and perform scientific exfoliation!

Good luck!

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