

JANUARY 24, 2017 | SKIN

10 Things You Need to Give Up for Better Skin, According to Dermatologists



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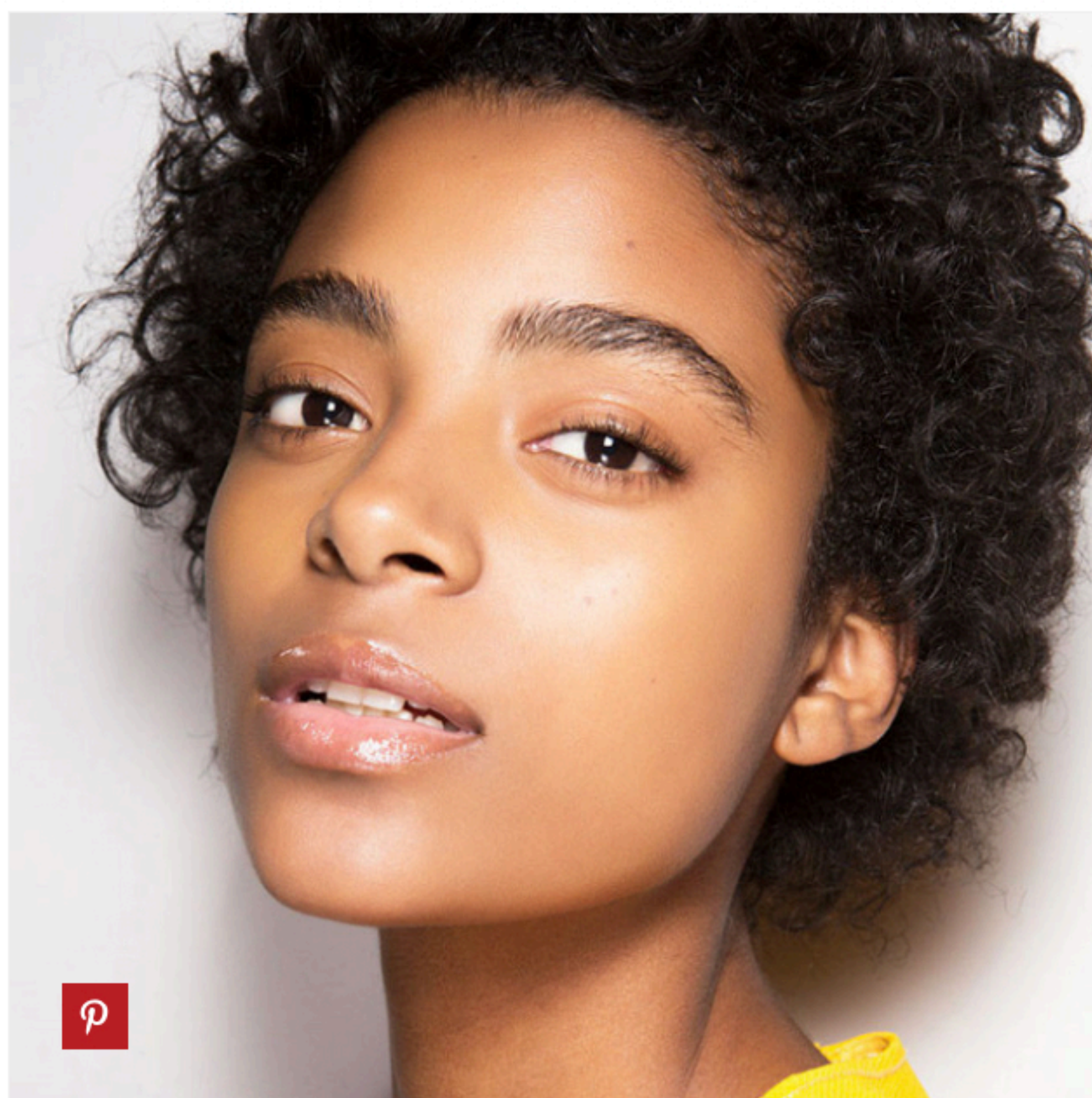


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After vowing to take the best possible care of my skin—even when [certain vices](#) rear their addictive heads—I needed to know more about what common behaviors yielded negative results. Of course, we know you shouldn't smoke, and you should drink water, wear sunscreen, the works. But what habits, if any, was I blindly partaking in to exacerbate my problems?

I figured if I had these questions, you must too. I reached out to top dermatologists in the field, as well as Olay's principle scientist, Dr. Frauke Neuser, to find out the most ubiquitous mistakes we're making with our skin. That, and the products that help us quit them. **Keep reading for a list of detrimental skin habits and how best to break them.**

6. Aggressive Facial Scrubs

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Scrubbing the skin can be very harsh and overly abrasive to the skin surface, which can trigger excess irritation and inflammation, explains Dr. Jessica Weiser. "Gently exfoliating the skin two to three times a week with Colbert MD's [Intensify Facial Discs](#) (\$70) can remove dead skin cells and debris without aggravating your skin."

Nazarian agrees: "It may seem like you're doing yourself a favor by washing more aggressively—but our knowledge about skin cleaning has evolved, and we know now that it's about cleaning smarter, not harder. Save your time, and your money, for another part of your skincare regimen. This is one place where gentle and simple are best."