

# Facial Exfoliants

These pros reveal their spas' popular facials and go-to exfoliation products, from peels to cleansers. *By Rachel Kossman*

**Tell us about your spa's approach to facial exfoliation treatments.**

**Trena Ross, spa manager, L'Institut Sothys, New York:** All Sothys facials include exfoliation, which varies in intensity and active ingredients depending on the desired results of the service. One of our most popular exfoliation services is the Glysac Professional Peeling Treatment. It uses a mix of glycolic and salicylic acids to help slough off dead skin cells, unclog pores, minimize breakouts and increase skin radiance and clarity.

**Casey Hendon, esthetician, The Spa at Canyon Oaks, Crawford, Texas:** When our clients book a facial, we build the service for their needs. If they're just looking for something straightforward to help them relax, we offer a basic facial, and beyond that we customize for individual needs. For those concerned with eliminating fine lines, I like to suggest the combination of HydroPeptide's Polish & Plump Peel and the M'lis Apricot Grape Seed Exfoliator.

**Leigh Bennett, owner and master esthetician, Amara Day Spa, Orem, Utah:** Our spa menu includes basic, moderate and advanced facials, plus our 90-min-

ute signature facial, which we customize to meet the clients' needs. We use an array of GlyMed Plus exfoliation products—the Lactic Action Exfoliator in 30% and 50% strengths, AHA Active Exfoliator, 5-Berry Pigment Control Peel, Vitamin A Peel and TCA Peel Solution—to provide guests with the specific type of exfoliation they're seeking.

**Patty Butt, retail sales manager and lead esthetician, The Spa at Riverview, New Smyrna Beach, Florida:** We perform skin analysis to establish the needs of our clients, and we use the results to determine their experience in the treatment room. There are several Pevonia exfoliators that we use consistently. On the milder end is the Gentle Exfoliating Cleanser, which is a creamy exfoliant with jojoba beads. Our clients also like the Clear-O-Zym, a freeze-dried, mushroom-based treatment that's massaged into the skin during the steam phase to penetrate pores and loosen debris. I personally love the Enzymo-Sphérides Peeling Cream, which contains pineapple and papaya, because the formula eats away at dead skin cells like a little Pac-Man!



**Alchimie Forever Gentle Antioxidant Refining Scrub**  
800.558.5571,  
universal  
companies.com



**Apothederm Facial Enzyme Exfoliant**  
877.496.0038,  
apothederm.com



**Dermologica Daily Microfoliant**  
800.831.5150,  
dermalogica.com



**DermaQuest Algae Polishing Scrub**  
800.213.8100,  
dermaquestinc.com



**Eminence Red Currant Exfoliating Cleanser**  
888.747.6342,  
eminenceorganics.com



**GlyMed OXYGEN Deep Pore Cleanser**  
800.676.9667,  
glymedplus.com



**M'lis Apricot Grape Seed Exfoliator**  
800.548.0569,  
mliscompany.com

### What ingredients do you look for in exfoliation skin care?

**Bennett:** I always seek out a mix of chemical and physical exfoliation products, and anything with alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs). I also think it's important to note that, instead of granules, some physical exfoliation products contain other components, such as glycolic acids, that leave skin bright and healthy looking, and those can be just as—if not more—effective.

**Ross:** The key ingredients in many exfoliating skincare products are acids, the best known being glycolic and salicylic. Because of its small molecular size, glycolic acid penetrates the skin effectively and helps stimulate cellular activity. Salicylic acid is lipophilic in nature, meaning it dissolves in oils and fats, so it can penetrate sebaceous substances, thus providing excellent exfoliation results for oily, blemished skin and enlarged pores.

**Butt:** Smooth, round jojoba beads are an ideal component. Mostly I'm concerned with what I *don't* want to expose clients' faces to—nothing with jagged edges, and nothing too harsh that will put microscopic tears in the skin.

**Hendon:** I look for grape seed oil or extract because it's easily absorbed and helps soften skin, but its astringency tightens the complexion, which is especially

beneficial for clients with acne. I also look for vitamin A and retinol, which help counteract signs of aging.

### What exfoliation home care products do you retail?

**Ross:** The Cosmeceutique Rx line from Sothys is a four-part nighttime regimen, and includes the Glysacal Dermobooster, which contains glycolic and salicylic acids. Because this product boosts micro-exfoliation, it leaves clients' skin smooth and radiant.

**Hendon:** We use the M'lis Apricot Grape Seed Exfoliator in several of our facials—clients love that it's a gentle option that still yields results, and many of them buy it before they leave. We're constantly selling out! It smells wonderful, and the exfoliating beads are effective but not too rough, so skin feels smooth after just one use. My clients' complexions look brighter and more radiant pretty much immediately.

**Bennett:** GlyMed Plus's Anti-Aging Exfoliant Masque is one of my favorite sellers because it decongests problem skin, making it great for guests with acne. It's an at-home chemical and physical exfoliation treatment that boasts granules and acids, but it's gentler because it doesn't scrub at their skin. And I love that it smells like black licorice! I also sell a lot of the brand's Ultra-Hydrating Enzyme Masque. It's a surface exfoliation treatment that clients love because of its mild and non-aggressive formula.



**Pevonia Clarigel Exfoliating Cleanser**  
800.PEVONIA,  
pevoniapro.com



**Phytomer Purifying Gommage Exfoliant**  
800.227.8051,  
phytomerusa.com



**Pure Fiji Exfoliating Scrub**  
800.477.4283,  
purefiji.com



**Repêchage One-Minute Exfoliating Mask**  
800.248.7546,  
repechage.com

**Sothys USA Gommage Exfoliant Biological Skin Peeling**  
800.325.0503,  
sothys-usa.com



**Yon-Ka Paris Guarana Scrub**  
800.533.6276,  
yonkausa.com

