

Quick Ways to Get Glowing Skin

While you're hyper-focused on ironing out wrinkles with creams and injectables, there may be another skin issue trying to steal your youthful glow. Dullness -- a result of dead skin cell build-up -- is a common complexion woe. But, it doesn't have to be! Combat a lackluster look with these simple steps.

By Ayren Jackson-Cannady



Exfoliate Less

When it comes to sloughing off dead skin with a scrub, less is actually more. "That dead skin layer keeps the moisture in, so over-exfoliating the skin can cause it to become extra dry," says Paul Jarrod Frank, M.D., a cosmetic dermatologist in New York City. Use facial scrubs no more than three times a week, and if dryness occurs, cut back even more.