

The Numbers That Help You Look and Feel Your Best

Trust our math for the simple rules for long-lasting beauty

By Moira Lawler



2-3: Number of times you should exfoliate each week. “The skin needs its natural oils for moisture and to maintain balance,” says Paul Frank, a Manhattan-based dermatologist. “Over exfoliating will deplete this and create dryness and even irritation.” If you notice dry skin or increased redness and sensitivity post-scrubbing, cut back and allow your skin to recover.