

Skin Fasting: Worth the Hype?

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Since we're taking a break from most things at this time, should you take a break from your normal skincare routine and try out skin fasting—an on-the-rise skincare routine that requires, well, no routine? *AZFoothills* spoke with [Dr. Pablo Prichard](#) in regard to the latest fad.

What is the purpose of skin fasting?

The purpose is to reset your skin by giving it a break from your normal skincare routine. It is believed that if you give your skin a break from moisturizers and products, it gives your skin the opportunity to produce its own natural oil.

What do the steps consist of?

The regiment is simple. Continue to use a gentle cleanser on your face but leave out any other skincare products you typically use. If you want to take it a step further, it is recommended to not apply any make up for two to three days.

What are the benefits?

Your skin will be able to breath and reset. If you are finding that your products are causing skin irritation, it is recommended to stop using your products and to gradually introduce each product back one by one.

Are there any negative side effects?

If you have a beneficial skincare routine that is working, there is really no reason to give your skin a break. Also, your skin may react negatively by randomly stopping your routine out of nowhere. Everyone's skin reacts differently. It is recommended for acne-prone skin types to not skin fast. I recommend trying it for one night and seeing how your skin reacts.

Should skin fasting be an imperative part of someone's routine?

No, a person is better off sticking to a skincare routine that works. I only recommend skin fasting for people experiencing irritation, overly dry skin or if you want to give your skin a break from makeup.

How long will it take to see results?

Unless you are trying to reduce irritation, you may not see drastic results from skin fasting.