

6 Skincare Treatment Upgrades We All Need

Written by AZFoothills.com

Monday, 04 April 2022 12:28 -



If you're like most people, even with a clear complexion, it didn't come to you with little or no work - in fact, it's a consistent and [sometimes painstaking process](#). Whether you're a regular at Sephora or Ulta or getting facials once a month, you can still benefit from upgrading your skincare treatments. Just like the seasons, our skincare needs change depending on the weather, PMS, our age, the climate we live in, the stress we're under, and countless other factors.

Spring is here, and it's time to clear out the products that don't work for us and invest in upgrades that will be serious game changers to our skin health, the ease of our routine, and our self-confidence. Please keep reading for the newest skincare treatment upgrades we all need, some are affordable, and some are a splurge, but they are all worth it.

Resurfacing Serums

One of the chief complaints among many people regarding their complexion isn't wrinkles or active breakouts; it's overall texture and appearance, which makes a [resurfacing serum](#) one of the best investments and upgrades you can include in your skincare routine. Resurfacing serums not only change the texture of your skin to make it more even and smooth, but they're also skin brightening. Revitalized and rejuvenated skin can be yours within less than a week when you incorporate these serums into your morning and evening routines.

Detox Masks

Everyone understands the importance of doing a detox occasionally for the health of their gut and mental state, and your skin is no different. In fact, your skin is your body's largest organ, so on top of getting enough beauty rest and eating a nutritious diet to nourish it, you also should be detoxifying it through the use of masks. Detox masks take just 10 to 20 minutes to get all the benefits you need, like pore minimization, evening skin tone, and banishing blackheads. Incorporate detox masks into your skincare routine at least once a week.

Red Light Masks

Another mask that is a must in your skincare upgrade is a red light mask, and while they come with a hefty price tag, it's worth putting it on your credit card or splurging a little bit from your savings to make such a huge impact on your skin's health. Red light therapy has long been understood for its anti-inflammatory and healing benefits, and these masks not only do all of that for your skin, but they also prevent fine lines and wrinkles from forming and can even help diminish wrinkles. Save yourself from spending a fortune on Botox by investing in a red light mask, plus you look super cool taking a selfie in one of these things!

Acne Scar Products

If you're part of the 30% of the population dealing with acne issues, whether caused by hormones, stress, or anything else, acne can feel like an uphill battle for people trying to treat it. But often, through persistence and the right products, the battle is one - but your complexion can be left scarred and still not where you want it to be. Investing in high-quality acne scar products can be the cherry on top of the hard work you've put in and provide scar clearing, even skin texture, and the beautiful complexion you've been dreaming of. These are also great to use simultaneously with acne treatments to prevent scarring, so don't think you have to wait for clear skin to see their benefits.

Body Bump Scrubs

Another common skin concern many people deal with is KP (Keratosis Pilaris), which causes red or flesh-colored tiny bumps on the body -

6 Skincare Treatment Upgrades We All Need

Written by AZFoothills.com

Monday, 04 April 2022 12:28 -

typically on the arms. Many people feel they're stuck with this and can't do anything to treat it, but there are body scrubs out there tailored for KP bumps, and are a must in your body skincare routine upgrades if you have this skin concern. While KP is more noticeable to the person with it than others, don't resign yourself to this skin condition or let it get you down - treat it with a body scrub formulated with AHA, glycolic acid, and buffing beads.

Bring in the Big Guns

Another upgrade to your skincare routine you should be making is booking and keeping regular appointments with a dermatologist - they can help you treat your skin type through prescription oral or topical treatments. [Facials](#) through a licensed esthetician may be something you consider a splurge, but do you consider dental cleanings a splurge or part of regular health maintenance? View your skin health the same way. While the products mentioned above are upgrades we all need, there's also the benefit of involving skin professionals - and involving them may be an upgrade you never considered.