

THE INFOGRAPHIC

BY LIVIA

# NATURAL EXFOLIATORS

*for Oily Skin*

There are 2 types of natural exfoliators that oily skin can benefit from: mild **physical** exfoliators - such as baking soda and oatmeal that help with the turnover of dead skin cells by rubbing their abrasive parts onto the skin- and **chemical** exfoliators such as fruits - containing enzymes and alpha hydroxyl acids that dissolve the oils that bind cells together allowing the renewal of new skin cells while getting rid of the dead skin cells from the surface of the skin.



**Pineapple** has astringent and anti-inflammatory properties; contains Bromelain enzyme and AHAs that gently exfoliate skin.



**Yogurt** has anti-bacterial properties that help to fight acne. It's rich in zinc that helps clear skin; lactic acid, a natural alpha hydroxyl acid, exfoliates dead skin cells and soothes the skin;



**Egg whites** tighten and tone skin and help in the turnover of new skin cells.



**Oatmeal** contains avenanthramides, with calming, soothing and anti-inflammatory properties and saponins, a cleansing agent that help clean pores.



**Tomato** feels cooling and has an astringent effect on skin; Vitamin C ensures its anti-inflammatory properties; tomatoes are naturally acidic, meaning that they get read of oil. Just rub tomato halves onto your skin and leave the juice for 10 min then rinse off.



**Orange** is rich in Vitamin C, also known as Ascorbic acid, is a potent antioxidant contains zinc and has astringent properties that improves your skin texture.



**Papaya** is a source of Vitamin A which makes it an ideal antioxidant; also contains papain, a fruit enzyme that breaks down proteins resulting in a gentle exfoliation.



**Baking soda** is a fine powder with a neutral pH level making it a gentle exfoliator; it can remove dead skin cells without causing irritation and reduce redness.



**Banana** has anti-bacterial and antioxidant properties, calms down acne and other type of inflammation; Vitamin A and Potassium soften and hydrate the skin; banana is an excellent exfoliant and moisturizer



**Lemon** contains citric acid, a mild exfoliator; apply juice on face for 5-10 min

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