There are 2 types of natural exfoliants that oily skin can benefit from: mild physical exfoliants - 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 hydroxy 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 hydroxy acid, exfoliates dead skin cells and soothes the skin.
- **Egg whites** tighten and tone skin and help in the turnover of new skin cells.
- **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 exfoliant; apply juice on face for 5-10 min

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