

SKIN FASTING

What is it and should you do it?

Skin care fads come and go, and this is especially true now that social media has become a source of information for virtually anything and everything. It's important to consider the source of online-based skin advice, which is being posted by both properly trained aestheticians and dermatologists, as well as influencers (who are usually paid to post about specific products). Two current "viral" skin care trends are skin fasting and skin cycling, and here's what you need to know.

Simply put, skin fasting is avoiding all skin care products for a 24-hour period once or twice a week. This includes everything from cleansers and serums to moisturizers and even sunscreen. Proponents of skin fasting say that this occasional practice gives the skin a chance to "reset" by allowing the skin's oils to naturally balance the protective barrier without the influence of topical products.

Skin cycling focuses more on a skin care schedule that involves using specific ingredients on certain days and nights as opposed to every day. Those who advocate skin cycling believe this is a way to enhance the effectiveness of your skin care regimen while limiting the irritation associated with the over-use of harsh ingredients such as retinol and exfoliating acids.

Keep in mind that both of these practices are not advised for those who are under the care of a physician and rely on prescription-based topicals for managing chronic skin conditions. Ongoing use of these medications is essential to prevent flare-ups and minimize symptoms.

DO NO HARM

When using an Epionce regimen, there is never a need for skin fasting or skin cycling (and we strongly advise against skipping sunscreen even for just one day). Why? Epionce products promote skin balance using gentle, botanically-derived ingredients that are formulated into barrier-loving products that always enhance the skin, never harm it. In addition, there are no scientifically proven benefits associated with skin fasting or skin cycling. Epionce regimens are simple and eliminate the burden of keeping track of which products you use and when. Here's why Epionce makes these practices obsolete:

EPIONCE REINFORCES THE BARRIER

Epionce research has shown that a perfect blend of cholesterol, ceramides and free fatty acids fortifies and nurtures the natural protective barrier – and helps retain moisture longer to improve visible firmness and diminish signs of skin aging. Epionce formulas also help shield the skin from environmental stressors that make your complexion dull and lackluster.

EPIONCE SOOTHES THE SKIN

Redness and sensitivity indicate that the skin isn't happy, and this could be in response to several factors: over-zealous regimens, harsh skin care ingredients, environmental factors, or simply problem-prone skin. Epionce products keep the skin calm, comfortable and content – and helps restore its natural, healthy radiance.

EPIONCE GENTLY EXFOLIATES

Epionce uses natural botanical actives – like willow bark extract and azelaic acid – to encourage the shedding of dead skin cells, unclog pores, and remove unwanted impurities. Unlike harsh scrubs and acids that break down the barrier, Epionce smooths skin texture and evens out skin tone without compromising the barrier or over-drying.

THE EPIONCE DIFFERENCE

Consistent use of an Epionce regimen puts the skin in a state of equilibrium, so it's unnecessary to limit certain ingredients to specific days or nights, or skip your routine altogether. Epionce also avoids potentially irritating ingredients such as retinol, hydroquinone and glycolic acid, opting for naturally-derived practices that have been clinically proven to provide equal or superior results instead.

So should you fast? NO. You can rest assured that your skin's health and appearance are covered when using a simple, easy-to-use Epionce regimen. You don't have to worry about changing your routine – alternating this and that – or cluttering your vanity with unnecessary products. You'll experience results without any unwanted fuss.