

WHY YOUR BEAUTY PRODUCTS HAVE SUDDENLY



The scenario: You have your favorite product picks in your arsenal, but as time ticks along, they just don't seem to work as well as they used to. So is your skin becoming immune to them—or is it something else? “There is no question that occasionally, the rare person becomes allergic to certain products,” says New York dermatologist David Goldberg, MD. “However, there is no scientific evidence to support the notion that you can develop immunity, resistance or even an addiction to products.”

Myth 1: Retinol Has a Time Limit

Your retinol's only time limit is its expiration date. “This ingredient should be used indefinitely,” says Dr. Goldberg. “Whether you use an over-the-counter retinol or prescription one, if you stop seeing its benefits, all that means is that you need to switch to a stronger dosage,” Miami dermatologist Leslie Baumann, MD, adds.

Myth 2: If You Aren't Getting Red, It's No Longer Effective

And what about acids and other ingredients that sometimes are met with a sort of ‘transition’ phase (that period where your skin experiences redness and reactivity) on more sensitive skin types? “Glycolic acid has been shown to increase the skin barrier, so with prolonged use, less gets absorbed,” Dr. Baumann says. “Some people may say that's getting used to it, but that's the end goal—you want a more built-up skin barrier.”

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While there is a very small chance of developing antibodies to a neuromodulator (which wouldn't necessarily pose a threat to your health, but would result in it no longer working on you), this has never been reported under cosmetic uses, and has only been seen in cases where subjects were treated for muscle spasms. “These cases aren't good examples because the subjects are