# Article information:

Sugar Scrub for Face: Side Effects and Why You Should Avoid It
<https://www.healthline.com/health/sugar-scrub-for-face>

# Article summary:

1. Sugar scrubs are too harsh for facial skin and can cause irritation, redness, dryness, scratches, and wounds.

2. Instead of sugar scrubs, consider using alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or mechanical exfoliants to gently exfoliate the skin.

3. It's important to apply moisturizer after exfoliating and avoid over-exfoliating to prevent damage to the skin. Professional grade treatments like microdermabrasion can also be considered.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Sugar Scrub for Face: Side Effects and Why You Should Avoid It" provides a detailed analysis of the potential side effects of using sugar scrubs on facial skin. The article highlights that sugar scrubs can be too harsh for facial skin, leading to irritation, redness, dryness, scratches, and wounds. The author suggests avoiding sugar scrubs entirely and opting for milder exfoliants such as alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or mechanical exfoliants.

The article appears to be well-researched and informative. However, there are some potential biases and missing points of consideration that need to be addressed. Firstly, the article does not provide any evidence or sources to support its claim that sugar scrubs can create small tears in the skin and lead to damage. While it is true that sugar crystals can be abrasive, there is no evidence to suggest that they can cause significant harm to facial skin.

Secondly, the article only presents one side of the argument against using sugar scrubs on facial skin. It does not explore any potential benefits of using sugar scrubs or present any counterarguments from those who advocate for their use. This one-sided reporting may lead readers to believe that sugar scrubs are entirely harmful when this may not necessarily be the case.

Thirdly, the article promotes alternative exfoliants such as AHAs, BHAs, and mechanical exfoliants without acknowledging their potential risks or side effects. For example, AHAs can increase sun sensitivity and BHAs can cause dryness and peeling if overused. By not noting these possible risks, the article may give readers a false sense of security when using these alternative exfoliants.

Finally, while the article notes that moisturizing after exfoliating is important to prevent dryness, it does not mention any specific moisturizers or ingredients that are suitable for different skin types. This omission may lead readers to use moisturizers that are not appropriate for their skin, potentially causing further irritation or damage.

In conclusion, while the article provides useful information about the potential side effects of using sugar scrubs on facial skin, it is important to consider its biases and missing points of consideration. Readers should be aware that there may be benefits to using sugar scrubs and that alternative exfoliants also have potential risks. It is always best to consult with a dermatologist or skincare specialist before trying any new products or treatments.

# Topics for further research:

* Benefits of using sugar scrubs on facial skin
* Counterarguments for using sugar scrubs on facial skin
* Risks and side effects of AHAs on facial skin
* Risks and side effects of BHAs on facial skin
* Suitable moisturizers for different skin types after exfoliating
* Dermatologist recommended exfoliants for facial skin

# Report location:

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