# Article information:

This Is Exactly How to Use a Sugar Scrub  
<https://www.byrdie.com/how-to-use-a-sugar-scrub-4771241>

# Article summary:

1. Sugar scrubs physically exfoliate the skin by buffing away dead skin and encouraging cell turnover.

2. Sugar scrubs are not safe for use on the face due to the potential for irritation and small scratches on sensitive facial tissue.

3. Sugar scrubs are safe and beneficial for use on the lips and body, with recommended usage of one to four times per week depending on skin type.

# 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 "This Is Exactly How to Use a Sugar Scrub" provides useful information on the benefits and proper use of sugar scrubs for exfoliating the body and lips. However, it has some potential biases and missing points of consideration that need to be addressed.

One-sided reporting is evident in the article's claim that sugar scrubs are not safe for the face. While it is true that facial skin is more sensitive than other parts of the body, some people may still benefit from using a gentle sugar scrub on their face. The article does not explore this possibility or provide any evidence to support its claim that washcloths or mild chemical exfoliation are better alternatives.

The article also contains promotional content for iS Clinical's Lip Duo product without providing any alternative options or disclosing any potential conflicts of interest. This could be seen as partiality towards a specific brand.

Furthermore, while the article notes that lip products with chemical plumping agents can be irritating, it does not mention any possible risks associated with using sugar scrubs on the lips, such as accidentally ingesting them or causing micro-tears in delicate lip tissue.

Overall, while the article provides helpful tips for using sugar scrubs on the body and lips, readers should approach its claims with caution and consider seeking additional information from other sources before incorporating these products into their skincare routine.

# Topics for further research:

* Is it safe to use sugar scrubs on the face?
* What are the benefits of chemical exfoliation?
* Are there any risks associated with using sugar scrubs on the lips?
* What are some alternative options to iS Clinical's Lip Duo product?
* How can I avoid accidentally ingesting sugar scrub while using it on my lips?
* What are the potential risks of causing micro-tears in delicate lip tissue with sugar scrubs?

# Report location:

<https://www.fullpicture.app/item/90b0e847faf734e06a1b9a37af0aba5a>