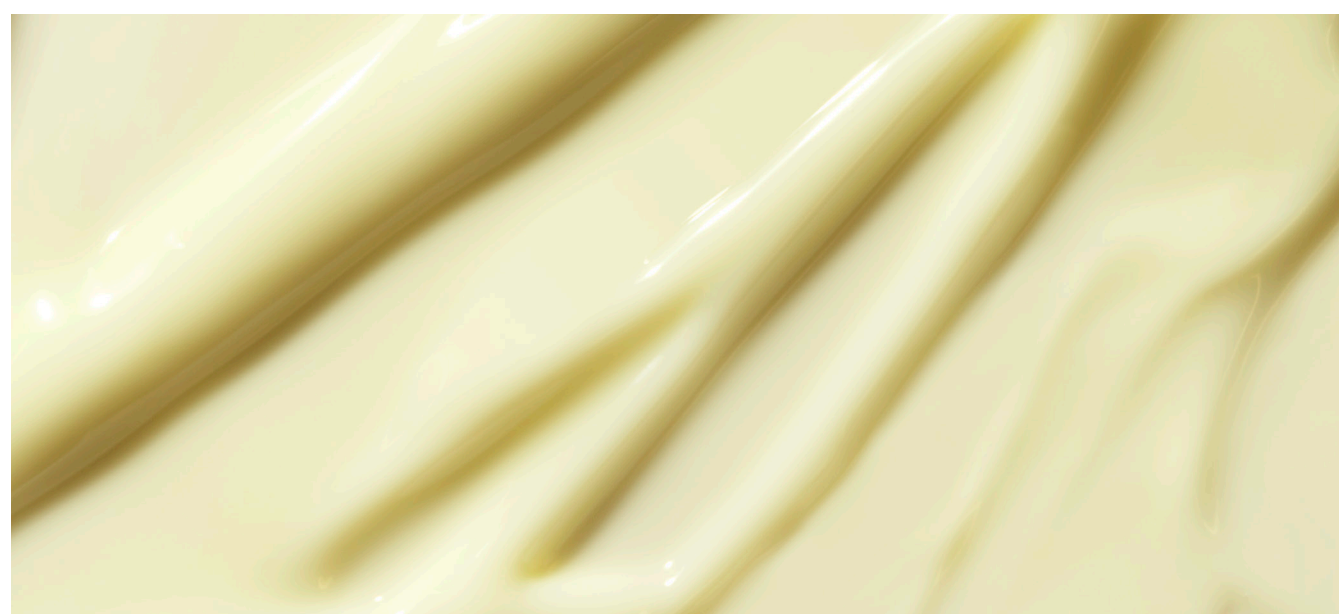


large pores you say?

while it's not possible to get rid of your pores altogether, there are ways that you can improve the appearance of them. Here's how.



story highlights

- Enlarged pores are one of the signs of skin aging, others include: fine lines and wrinkles, uneven skin tone, and rough skin texture.
- Dynamic Skin Retinol Serum is formulated to address the four signs of skin aging.
- Retinol for large pores works by keeping pores clear and clean, making them appear smaller.

On the quest to achieve skin that looks smooth and bright? One thing that gets in the way from time to time is the size of our pores. We're talking about the tiny holes that you can see on your skin when you're looking super closely, which can look dirty or enlarged when you don't look after them properly.

Large pores can affect everyone, no matter your skin condition — from dry to oily to combination. Additionally, pores can appear more enlarged and noticeable with age. Enlarged pores are considered one of the signs of skin aging, which also include fine lines and wrinkles, uneven skin tone, and rough skin. Because pores are an important part of our overall skin health, they aren't erasable; they actually play a vital role in maintaining the health of your skin.

what causes large pores?

Enlarged pores are often attributed to four factors:

Genetics: A large part of what determines the size of your pores comes down to your DNA. If one or both of your parents have large pores, odds are, you will also experience a similar condition. Those with larger pores experience more oil flow, leading to combination or oily skin, which can be addressed with a Retinol serum like Dynamic Skin Retinol Serum.

Gender: On average, men tend to have larger pores than women. However, women who have very oily skin or are experiencing hormonal changes due to menstruation, pregnancy, or menopause can also experience the development of large pores, especially on the nose and cheeks.

Age: As we get older, our pores tend to get larger. This comes down to our skin producing less collagen, therefore being less firm and elastic in the long run. Retinol is the gold standard for addressing signs of skin aging, including helping to minimize the appearance of pores.

Sun exposure: The sun may feel nice on your face but its rays can harm your skin. Specifically, UVA rays cause sun damage and break down the collagen in your skin, making it less elastic. When your skin lacks elasticity, your skin can sag and make your pores look more noticeable.

how to address large pores

But can you really shrink your pores? The actual size of your pores cannot technically be changed, as they are necessary for the overall health of your skin. However, the appearance of your facial pores can be improved with a skin care routine that includes **Dynamic Skin Retinol Serum**.

This leads us to our next point: the importance of cleansing. This is something that you should be doing twice a day — morning and night — and is a non-negotiable component of your skin care routine. The reason why we have to be on top of cleansing is that it can effectively remove dirt, makeup, excess sebum, sweat, and dead skin cells. When your pores are clean and free from debris, it'll prevent them from clogging and then turning into blackheads, whiteheads, and blemishes.

One way to help minimize the appearance of pores is by using a targeted serum after cleansing — especially one with Retinol. A serum is that product in your skin care routine that helps bring added benefits to the overall package — like brightening, smoothing, soothing, and reducing the appearance of pores. **Dynamic Skin Retinol Serum** is a high-performance, easy-to-use retinoid serum that harnesses an advanced retinoid blend plus a booster to help transform the appearance of skin.

We recommend incorporating this high-dose wrinkle serum into your evening skin care routine. It contains a 3.5% retinoid complex and Squalane, which works together to minimize the appearance of pores. A complex of fast-acting Granactive Retinoid®, Retinol, time-released encapsulated Retinol, and a Retinol Booster support a continual release of skin-smoothing actives working at different speeds to address the four signs of skin aging. Concentrated Squalane works with soothing, oat-derived Beta-Glucan to help support recovery for healthier-looking skin.

Another way to look after pores is with a product you can apply through the day, such as the **Clear Start Micro-Pore Mist**. You can use this daily spritz on cleansed skin, and it boasts the power to visibly minimize the appearance of pores, improve luminosity, and fade hyperpigmentation like acne scars. That's all thanks to ingredients like Wild Rose Hips Flavonoid Complex to reduce shine, Witch Hazel, Green Tea and Matricaria Flower Extracts to tighten up pores, and Cucumber Extract to soothe your skin and keep it feeling cool.

There's also another hero ingredient in this product that's worth mentioning. Niacinamide, also known as vitamin B3, can effectively tighten and reduce the look of the size of pores, boost your complexion's luminosity, and improve your barrier function, which leads to skin healing. Don't forget to follow with moisturizer to boost hydration and make your skin look really plump and smooth. A word to look out for, when it comes to hunting down a good moisturizer, is 'non-comedogenic. In short, this word means that the product won't clog pores, which is exactly the aim of the game here.

During the day, apply a broad-spectrum sunscreen with SPF 30 or higher to protect your face from the sun's harmful rays. This step should be incorporated into your daily routine no matter what the weather is like outside. Believe it or not, overcast, rainy, or snowy days still mean that your skin comes across sun exposure.

the dos and don'ts for large pores

If you're still searching for answers to "how do I get rid of large pores on my face?" and want to take your skin care routine to the next level, read this list dos and don'ts carefully.

do

- Use clay masques. These are usually made from real clay such as kaolin and are really good at degunking your skin. They help clear pores to prevent congestion and breakouts. They're also super easy to use: pop them on for a few minutes, then wash away with some warm water. You can use a clay masque once to twice a week.
- Use Retinoids (with care!). This ingredient is ace at encouraging your skin to produce more collagen, making your complexion look really plump and juicy. When skin is plumped, it stretches out slightly and therefore makes your pores look less noticeable. Be careful with products that feature this ingredient though; it can be pretty intense and when used too often, can cause your skin to flake or become inflamed. This ingredient also sensitizes skin with sun exposure, so it is best to use it at night and always make sure to use SPF!
- Try products with Alpha Hydroxy Acids (AHAs). AHAs are an umbrella term for ingredients such as Glycolic, Malic, and Lactic Acid. These can exfoliate the top layer of your skin, making it look smoother. A professional chemical peel is a stronger version of this, and can just feature AHAs, or with Beta Hydroxy Acid (BHA), which is technically Salicylic Acid.
- Fractional laser treatments are also a great way to address pore size. However, this should only be administered by a professional — and only after a consultation with a dermatologist.

don't

- Touch your face through the day. We know it can be awfully tempting, but avoid touching your face through the day, unless you are doing things with clean fingers like cleansing or moisturizing. This is because your hands can carry dirt and debris, and touching your face can transfer it onto your skin and — worst case scenario — into your pores.
- Pick at your face. If you have spotted a zit or a blackhead on your skin, only remove it with a comedone extractor when your skin is freshly cleansed. If not, you could risk scarring or an infection, and nobody wants that.
- Expect your skin to be smooth and pore free. Having perfect skin may be at the top of your wish-list, but it can really have a mind of its own. Skin can be affected by stress and hormones, which are out of your control. Set realistic skin care goals that you can adhere to daily, and you will be on your way to healthy-looking skin in no time. And, in the meantime, try to love the beautiful skin you're in!

Get more skin care tips at [dermalogica.com](https://www.dermalogica.com)

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