

If It Stings, That Means It's Working: The Truth About Painful Skincare Ingredients



If It Stings ...that means it's working by J.A. Carter-Winward

★★★★★ 5 out of 5

Language : English
Hardcover : 104 pages
Item Weight : 5.4 ounces
Dimensions : 6 x 0.17 x 9 inches
File size : 6000 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 104 pages
Lending : Enabled
Paperback : 67 pages
Screen Reader : Supported



If you've ever applied a skincare product that gave you a stinging sensation, you might have wondered if it was a sign that the product was working. After all, many people believe that pain is a sign of progress. But is this actually true?

The answer is: not necessarily. While some skincare ingredients can cause a stinging sensation when they are first applied, this does not necessarily mean that they are effective. In fact, some ingredients that cause stinging can actually be harmful to the skin.

So, what are the ingredients that can cause a stinging sensation? And how can you tell if the stinging is a sign that the product is working or if it is a

sign that you should stop using it?

Ingredients that can cause a stinging sensation

There are a number of skincare ingredients that can cause a stinging sensation when they are first applied. These ingredients include:

- **Retinol**
- **Glycolic acid**
- **Salicylic acid**
- **Lactic acid**
- **Azelaic acid**

These ingredients are all exfoliants, which means that they help to remove dead skin cells from the surface of the skin. This can help to improve the skin's appearance and texture, but it can also cause irritation and stinging.

How to tell if the stinging is a sign that the product is working

If you experience a stinging sensation when you apply a skincare product, it is important to pay attention to how your skin reacts. If the stinging is mild and goes away within a few minutes, it is likely that the product is working and is not causing any damage.

However, if the stinging is severe or lasts for more than a few minutes, it is a sign that you should stop using the product. This is especially true if you experience any other symptoms, such as redness, swelling, or itching.

What to do if you experience stinging

If you experience stinging when you apply a skincare product, there are a few things you can do:

- **Stop using the product immediately.**
- **Rinse your skin with cool water.**
- **Apply a soothing moisturizer.**
- **If the stinging is severe or does not go away, see a doctor.**

If you are considering using a skincare product that contains ingredients that can cause a stinging sensation, it is important to do your research and understand the potential risks and benefits. If you experience any stinging or irritation, it is important to stop using the product and consult with a doctor.

There are many other effective skincare ingredients that do not cause stinging. Talk to your doctor or a dermatologist to find a product that is right for your skin type and concerns.



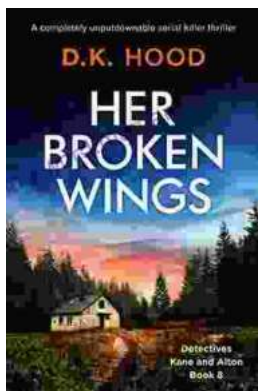
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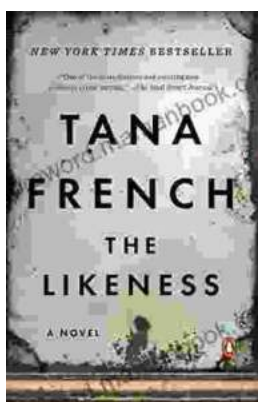
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