

Stop Rubbing, Start Slugging!

Try adding this new step to your nightly skincare routine to combat dry skin this season.

BY Ezra Yun

On a cloudy morning, Emily Yoon, 21, wakes up and does her usual morning routine. She brushes her teeth. She takes a hot shower and finishes with moisturizer. Two hours later, her roommates find Emily screaming in the mirror, “What is happening?! I moisturized TWICE!”

Emily is one of the many girls out there who are struggling with dry skin during the seasonal change. “Sometimes, I would find myself using four different lotions!”, says Emily. After trying out countless remedies and routines, she eventually came across slugging.

And, before you ask – no, it does not involve any slimy insects.

Originally used in Korean beauty skincare, slugging is a method in which you use a heavy moisturizer or a petrolatum jelly (like Vaseline) and cover your face overnight. In an interview with Yahoo, Medical Director of *Pacific Skin and Cosmetic Dermatology*, Tracy Evans MD, said that slugging is intended, “to keep moisture in the skin by preventing transdermal water loss.” Because ointments are originally used to seal in moisture for burns and scrapes, it helps in the realm of skincare as well.

Here are a few tips if you want to try slugging:

- Make sure to use your favorite face cream and/or hydrating serum beforehand. The slugging will help the moisture from the cream and serum be sealed in even more.
- If you have combination skin, do not slug your entire face. Try spot-treating instead!
- Do not use retinol products or acids while slugging. This can increase a risk in irritation!

Today, the first thing Emily does after waking up is wipe away last night’s slugging. Her roommates can hear her screaming, “What is happening?! I don’t need to moisturize!”