

Can You Really Shrink Your Pores?

Wednesday, February 25, 2015, Margaret McGriff, Senior Web Editor



Uneven skin and acne are part of the beauty challenges those of us with large pores have to deal with. Getting them down to a size where we can keep oiliness at bay and enjoy younger- and brighter-looking skin is the definite answer. But, can we really shrink our pores?

The short answer is no, and here's why:

Factors such as genetics and age determine how large your pores are. "Someone's pore size is genetically predetermined and cannot be changed permanently", explains New York dermatologist Gary Goldenberg, MD. But, all is not lost because there are ways to minimize their appearance.

Retinoids

This powerful vitamin-A derivative is not only a must-have anti-aging ingredient, it also great at faking pore shrinkage. You can go with Retin-A (which requires a prescription) or use retinol-infused skin-care products. StriVectin's Advanced Retinol Concentrated Serum (\$119) combines retinol and a patented N1A-114 to fight common signs of aging, including fine lines and large pores.

In-Office Procedures

There are laser and light treatments that can help treat skin with large pores. Dr. Goldenberg has gotten great results with the Clear + Brilliant laser, a gentle treatment that smooths and evens skin by reducing the appearance of pores. The BLU-U Blue Light Treatment, which uses a blue light to kill acne-causing bacteria, also yields similar effects.