

## Why putting volcanic ash on your face could be the secret to clearing your acne

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**Ole Henriksen Pore-Balance Facial Sauna Scrub includes volcanic ash.**

- **Volcanic ash might be the key to un-clogging polluted skin this winter.**
- **The natural exfoliant is said to have mystical powers.**
- **It's found in a variety of beauty products, from masks to scrubs.**

If you're suffering from dull skin or clogged pores this winter, volcanic ash, a natural exfoliant said to have mystical powers, may be your key to radiant skin.

Volcanic ash, which really does come from volcanoes, has antioxidants and collagen synthesis properties. It is also rich in minerals, which helps cleanse the skin and protect it, [Dr. Kristina Goldenberg](#), of Goldenberg Dermatology in New York, told INSIDER.

"Since it's rich in minerals and has antioxidant properties, it can help heal injuries or abnormal tissues," she said. "In fact, it has been in a similar fashion to medicinal mud, with similar efficiency."

The biodegradable natural exfoliant is used in various skin-care products.



Scrubs like Ole Henriksen Pore-Balance Facial Sauna Scrub and Origins Warm Down Warming Lava Scrub to Detox and Smooth use volcanic ash to exfoliate dead skin by also providing a warming formula to open up pores.



**Boscia Charcoal Deep-Pore Exfoliating Peel Gel with volcanic sand is an option for a cleanser.**

Cleansers such as MAC Mineralize Volcanic Ash Exfoliator add moisture, and Alba Botanica Hawaiian Detox Cleanser Volcanic Clay and Boscia Charcoal Deep-Pore Exfoliating Peel Gel with volcanic sand detox polluted skin.

Extremely polluted skin will benefit from a mask boost, like K-beauty pick JJ Young Mud Sheet Mask in charcoal, which eliminates impurities in the skin.