

Gen Z's Glow Secret: Body Polishing Explained

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In recent times, body polishing has emerged as a favorite skincare treatment among Gen Z. Unlike traditional scrubs, body polishing offers a comprehensive approach to skincare, delivering hydration, smoothness, and a radiant glow. This trend aligns with Gen Z's preference for quick and effective beauty solutions that fit seamlessly into their fast-paced lifestyles.

What Makes Body Polishing Different?

Body polishing is more than just an exfoliation method. It combines physical exfoliants like Dead Sea salt or sugar with chemical exfoliants such as lactic acid, promoting cellular renewal. Additionally, it incorporates nourishing ingredients like niacinamide, squalene, and hyaluronic acid to lock in moisture and repair the skin barrier. Soothing botanicals like liquorice root and Centella asiatica help reduce redness and provide antioxidant protection. The final step involves applying plant-based moisturizers such as coconut milk paste, marula oil, or shea butter to nourish and enhance skin radiance.

How Often Should You Polish?

Experts recommend incorporating body polishing into your skincare routine once a week. Over-exfoliation can compromise the skin's barrier, leading to sensitivity and dryness. Therefore, consistency and moderation are key to achieving the desired results without harming the skin.

Body polishing has become a go-to skincare ritual for Gen Z, offering immediate and visible benefits. By combining exfoliation with nourishment, it provides a spa-like experience that enhances both skin health and overall well-being. For those seeking a quick and effective way to achieve radiant skin, body polishing is a trend worth embracing.

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