

5 Beauty Trends to Ditch in 2026

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As the new year begins, industry experts and skincare professionals are encouraging a shift away from outdated or counterproductive beauty practices. While some trends dominated online feeds over the last few years, 2026 signals a new era focused on **skin health, simplicity, individuality, and science-backed routines** — not hype-driven fads. Here's a breakdown of the beauty trends that are officially on the outs as we start the year.

1. Overly Complicated Skincare Routines

The age of the 10-step or 16-step skincare routine is waning. Dermatologists and beauty insiders warn that excessive layering of products can **compromise the skin barrier**, increase irritation and lead to fatigue — especially when many steps add little real benefit. In 2026, **minimalist, goal-oriented regimens** that use fewer, more effective products will take precedence.

2. DIY Skincare Hacks

From kitchen-made peels to homemade sunscreen alternatives, DIY skincare has been a social-media staple — but that's changing. Experts caution that homemade treatments can be **inconsistent, unregulated, and potentially harmful** as they lack scientific backing and proper concentrations of active ingredients.

3. Heavy Contour & Hyper-Sculpted Makeup

Graphic contour lines and extreme sculpting — once a symbol of high-impact glam — are being replaced by **natural structure and texture-enhancing makeup**. Heavy contour can flatten features and looks out of place in everyday lighting, prompting a return to effortless, skin-forward artistry.

4. Excessive Exfoliation

While exfoliation can benefit dull or congested skin, overdone chemical or physical scrubbing can strip the skin's protective layer, causing inflammation or sensitivity. Pros recommend dialing back to **gentle exfoliation only when needed**, and emphasise barrier repair and hydration first.

5. Cakey, Heavy Makeup

After years of thick bases and layered makeup meant to look flawless in selfies, the community is moving away from texture-heavy application. Experts and beauty editors agree that **breathable, lightweight formulas** that enhance rather than mask skin tone are more wearable and comfortable in 2026 — especially in warm climates like India's

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