

Dr. Simon Ourian Exposes Skincare Myths: Setting the Record Straight

Dr. Simon Ourian debunks common skincare myths, offering science-backed advice to help individuals achieve healthier, more effective skincare routines.

BEVERLY HILLS, CA, UNITED STATES, September 9, 2024 /EINPresswire.com/ -- Dr. Simon Ourian, world-renowned cosmetic dermatology expert and founder of [Epione Beverly Hills](#), has long been a trusted voice in the beauty and skincare industry. In his latest endeavor, he debunked some of the most widespread skincare myths, revealing misconceptions that may hinder your routine's effectiveness.

From social media influencers to DIY skincare tips, misinformation spreads quickly in the beauty world. Dr. Ourian emphasizes the importance of relying on science-backed skincare advice, especially with countless products and treatments available today.

Below, Dr. Ourian sheds light on a few of the most common myths:

Myth #1: Expensive Skincare Is Always Better

"Price doesn't necessarily guarantee results," says Dr. Ourian. "There are plenty of affordable products with clinically proven ingredients that can be just as effective, if not more, than luxury brands. The key is in the formulation, not the price tag."

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Skincare isn't about price or trends—it's about using the right ingredients for your skin.”

Dr. Simon Ourian



Dr. Simon Ourian, M.D., Cosmetic Dermatology expert and founder of Epione Beverly Hills

Myth #2: You Only Need Sunscreen on Sunny Days

Dr. Ourian highlights the importance of daily sun protection. "UV rays penetrate clouds and windows, meaning you're exposed even when it's overcast or you're

indoors. Wearing sunscreen daily is non-negotiable for preventing premature aging and skin cancer."

Myth #3: Pores Can Open and Close

"Pores don't open or close, but with certain treatments, we can shrink their appearance by keeping your skin clear and smooth."

Myth #4: Natural Ingredients Are Always Safer

While natural skincare products are gaining popularity, Dr. Ourian urges caution. "Just because something is labeled 'natural' doesn't mean it's safe for your skin. Poison ivy is natural, but that doesn't make it beneficial. Synthetic ingredients often undergo more rigorous testing to ensure safety and efficacy."

Myth #5: More Skincare Products = Better Results

According to Dr. Ourian, a minimalist approach may be more effective. "Overloading your skin with too many products can lead to irritation or clogged pores. A simple routine with a few targeted treatments is often better than using multiple products at once."

About Dr. Simon Ourian and Epione Beverly Hills

With decades of experience treating celebrities and patients worldwide, Dr. Simon Ourian is a pioneer in non-surgical cosmetic treatments and has developed his own line of scientifically formulated skincare products. Through his expertise, he aims to clear up confusion and help individuals achieve glowing, healthy skin with accurate and accessible information.

For more information or to schedule a consultation, please visit www.epione.com or call/text (310) 651-6267.

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