



Dr. Sam Speron Releases Patient Guide Addressing Widespread Skincare Myths

CHICAGO, IL, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- The internet is flooded with skincare advice—but how much of it is true? Dr. Sam Speron, Chicago plastic surgeon and founder of Dr. Speron's Natural Skin Care, LLC, debunks the five most persistent myths that continue to mislead consumers.

"Misinformation spreads faster than good science," says Dr. Speron. "People deserve clarity based on real dermatologic principles, not social media trends."

Dr. Speron's Top 5 Skincare Myths:

Myth: "Natural means weak."

Truth: Medical-grade natural ingredients can be just as potent—if they're properly formulated.

Myth: "You don't need moisturizer if you have oily skin."

Truth: Dehydrated skin overproduces oil. Hydration restores balance.

Myth: "You can shrink your pores."

Truth: You can't change pore size—but you can keep them clean and refined.

Myth: "You don't need sunscreen indoors."

Truth: UV and blue light exposure still affect skin aging indoors.

Myth: "More exfoliation means better skin."

Truth: Over-exfoliation damages the barrier and accelerates aging.

"The best skincare routines are simple, consistent, and supported by science," Dr. Speron emphasizes.

Discover products backed by medical science at Dr. Speron's Natural Skin Care

Media contact:

Sam Speron

Dr. Speron's Natural Skin Care, LLC

+1 847-696-9900

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

[TikTok](#)

[X](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/886845341>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.