

The [varied nature](#) of the Mediterranean diet has put it in the foreground of the healthy-eating tableau for years. But, like any other diet, it isn't a panacea for any and every wellness woe. Rather, it's meant to be part of a lifestyle.

Cue Ikaria Beauty and its latest product, the [Reveal Multi-Acid Resurfacing Mask](#). Named after the Greek island in the North Aegean Sea, Ikaria Beauty was launched in [June 2021](#) by Emmy-nominated television host, journalist, and author, Debbie Matenopoulos.

In founding Ikaria Beauty, Matenopoulos was [inspired](#) by the “clean lifestyle, natural diet, and holistic approach to both beauty and wellness” of Ikaria’s residents. (And for good reason: The island of Ikaria is home to the world’s highest percentage of [ninety-year-olds](#).)

The Reveal Multi-Acid Resurfacing Mask is pricey, but it’s geared toward consumers of all skin types. Made from a combination of an AHA blend, salicylic acid, azelaic acid, and algae culled from the Mediterranean, it’s designed to gently exfoliate your skin and while leaving it notably brighter and smoother.

“I’ve never been able to find a mask that wasn’t irritating to my skin,” [Matenopoulos tells](#) PR Newswire. “My new multi-acid face mask has truly changed the texture of my skin.” Matenopoulos’s career in the entertainment industry has spanned decades, making her no stranger to heavy makeup.

“Being a working mom with a busy schedule, as well as spending twelve hours a day in full makeup, I’ve suffered from skin irritation, breakouts, and rashes,” [she shares](#) on her website. “I wanted to create a line that was not only effective, but also non-irritating, non-acnegenic and safe for sensitive skin.”

While Matenopoulos formulated the product with all skin types in mind, she acknowledges that everyone is different. “If you have any concerns about how your skin will react to this formula, we recommend doing a small ‘patch test’ on your arm before using it on your face.”

Matenopoulos attributes her own skincare philosophy to the tricks she’s picked up from her Greek family, for whom wellness traditions are second nature. “You take olive oil and water, and you put it in a spritz bottle,” she told The List in a [December interview](#).

“Because if it can spritz out, it means that it’s thin enough, and you spray it on your elbows, or on your knees, or on dry patches and spray it on your face.” Matenopoulos divulged that her relatives have been using this trick for decades, adding, “They look ten to fifteen years younger than they really are.”

Per Ikaria Beauty’s [website](#), the Reveal Multi-Acid Resurfacing Mask helps to brighten and even out skin tone, smooth and refine skin texture, and reduce the appearance of pores while minimizing fine lines and wrinkles. To use it, just apply an even layer to clean, dry skin and rinse off after fifteen to twenty minutes. This can be repeated once or twice a week.

In putting out products like the resurfacing mask, Matenopoulos hopes to remind consumers that beauty is achievable through a blank canvas. “If your skin is pretty and glowy and healthy, that’s all you need,” she told The List.

Ideally, beauty norms of the near future won’t dictate that pore- and wrinkle-free skin is a requisite for confidence. Until then, there’s no shame in acknowledging that when we feel our skin is at our best, we feel *we’re* at our best. Plus, those of us who swear by a good skincare routine know its catharsis is hard (impossible?) to replicate.

If you’re in the market for a new exfoliant and olive oil is a *touch* au naturel for your tastes, the [Reveal Multi-Acid Resurfacing Mask](#) is available for \$68 at ikariabeauty.com.