

# Face Washing 101

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## Overview

Keeping your facial skin clean is an integral part of your daily hygiene—not only can washing your face regularly stop the spread of many diseases, but it can rejuvenate your skin and, depending on the products used, can leave you feeling healthy and youthful.

Here are some tips from a board-certified dermatologist to help you navigate the ins and outs of face washing.



## Why Should You Wash Your Face?

Adopting a proactive and protective approach as early as possible will help your skin in the long run. Following a regular face washing and cleansing routine will keep your skin clean, healthy, and youthful.

Just like our bodies, our face picks up dirt, oil, and harmful pollutants as we go about our day. Not washing them can result in the development of acne, rashes, fungal infections, and other facial conditions like pink eye. According to the CDC, people on average touch their faces 23 times per day—not washing your hands or your face can lead to an easy spread of germs.

### Follow These Facial Washing Tips by a Board-Certified Dermatologist for Clean, Healthy Skin

#### 1. Use a cleanser that's gentle and non-abrasive

Avoid strong soaps and cleansers as they can strip your skin of its essential oils, drying it out. For people with sensitive skin, this may even lead to contact dermatitis and irritation.

#### 2. Water Temperature

Water that's too hot can dry your skin out. Instead, choose to use wash your face with lukewarm water.

#### 3. Moisturize Your Skin

After your wash and dry your face, make sure to moisturize and seal in the hydration. If moisturizing during the day, make sure to use a cream with SPF to protect your skin from sun damage, which is another contributor to aging skin.

#### 4. **Don't Overwash**

Washing your face in the morning and then again at night is the general rule of thumb for face washing 101. However, if you work out or sweat, it's best to wash your face soon after, as perspiration may irritate the skin on your face.

#### 5. **See a board-certified dermatologist**

If you're regularly washing your face but notice a dullness or lackluster appearance, schedule an appointment with a board-certified dermatologist. Several non-invasive forms of treatment like chemical peels and laser treatments exist to rejuvenate your face and step up your daily routine.