

How to Wash Your Face (The Right Way)



Seems like a no-brainer, right? Wrong.

I've picked up a few tips lately and as I've said jokingly (or not?) to my friends, my #1 life goal right now is to heal my acne. I'm already seeing crazy results from these tips (also one more that I'm keeping tucked away for now ?) and I'm confident they will help you too. Although I'm personally focused on acne, these will work for **anyone with sensitive skin**.

Let me first clarify that 1. I am not an esthetician nor do I have professional skincare training, I am just a girl who is constantly in search of the best beauty tips and products gathering reputable information here and there, and 2. Always, *always* give your skin at least 2 weeks when trying anything new so it has time to purge and adjust. Only then can you see the real results.

The skin on your face is *super* delicate and you (like 99% of people) have probably been way too harsh on it. So, let's all rewind to 6th grade and re-learn how to properly wash our faces, shall we? The key here is to be as gentle as possible while still thoroughly cleaning.

Oil Cleanse

I could write for hours about the benefits of oil cleansing but let me give you the quick run-down on what it is and why you should do it: Oil cleansing is essentially using a mixture of oils (and no soap ingredients) which will dissolve any makeup, dirt, etc. just as a normal cleanser would when rinsed off with water. The main benefit is that it won't strip your skin of your own naturally-produced oils or dry out your skin, as many cleansers do. For more on the benefits of oil cleansing, see [this post](#) by Wellness Mama - she's basically the Goddess of all things healthy!

Note: If you are overly oily and feel you need to wash your face often and with strong soaps/ingredients, then it's important to know that your skin actually **needs** more moisture, because stripping the skin of its natural oils over and over only gets your pores into the cycle of overproducing sebum to overcompensate. It'll take some time to adjust, but don't freak out at the idea of using a very gentle cleanser such as an oil cleanser.

The absolute best cleanser I have ever used is this [One Love Organics Vitamin B Cleansing Oil](#). Seriously, this stuff is magic and leaves your skin feeling so soft. It also dissolves makeup super well- especially mascara.

How to use an oil cleanser:

Don't wet your face. Pump 2 pumps into clean hands and massage all over your face (eye makeup, too!). I sometimes give it a few minutes if I'm in the shower and let the steam help, but usually I just rinse right away. To rinse, take a wet washcloth to gently wipe off the oil and voilà, clean skin! You'll be amazed how well this cleanses without any soap! The instructions on the [Vitamin B Cleansing Oil](#) say water isn't necessary to rinse, but I've found that it is, especially when this is the only cleansing product you use. Side note: double cleansing is another option, but usually that involves a soap-based cleanser second which leads me to my next point...

If your skin feels tight, your cleanser is too harsh.

Cleansers have *always* left my skin feeling tight afterwards to the point where if I didn't put moisturizer on ASAP my skin would feel actually feel tight. This may not apply to everyone but I am really against soap-based cleansers now that I know that feeling doesn't actually mean your skin is clean, it means it's being stripped. Not. Good. This was one of the many useful tips I learned from Natasha of the Clear Skin Essentials during the Acne Solutions E-mail Course. She really understands what changes can impact your skin the most.

Use Distilled Water

I can't tell you how excited I am to know this- it has seriously done wonders for my skin. Okay, so we know tap water has some pretty gross things in it (thanks America for poisoning us all with Fluoride...) but have you ever considered how that affects the delicate skin on your face? No? Well,

you should because it does. The heavy metals found in tap water really aggravate sensitive skin, but luckily there's a solution. This tip is courtesy of Amy Bransford, L.E., the esthetician at [Aviary](#). I now **only** use distilled water on my face. Sounds expensive, but a gallon is less than a dollar and you'll be surprised at how little you actually use to rinse your face. I just keep mine under my bathroom sink, although this means only room-temperature - not warm - water to rinse your face. But, c'est la vie. It's totally worth it for clearer, less aggravated skin. Distilled water is pure and therefore won't add any unknown junk to your skin. If there's one thing you do, do this. It'll help soothe any existing breakouts and won't aggravate or dry out skin like tap water.

Pat Dry

Simple enough, but just in case you don't already: always pat your face dry, never rub. I just wet half my washcloth with the distilled water to rinse, and use the other dry half to pat dry. This whole process is super simple yet really works wonders for any dry, acne-prone, or sensitive skin.

What do you think of these tips? Would you consider oil cleansing or using special water on your face? It may sound crazy, but these simple steps are effective! Let me know if you plan to (or already do) use any of these tips!

xx

Callie