

WEWOMEN

Wash Up! How to Clean Your Face Like A Pro

Author: Cliche Wynter

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You'd think that washing your face isn't rocket science, right? I mean, since you were a child you were taught this basic fundamental of hygiene. But what if you were told you were doing it all wrong? What if you were told that there is still a huge amount of gunk left behind when you haven't washed your face properly? Believe it. Luckily I spoke with an expert who dished on how to clean your face like a pro. Check out her tips!

As a newfound lover of makeup I've quickly discovered that removal is a process all its own. There have been way too many times when I thought I did a thorough job washing my face only to find foundation on my cotton swab later. It's probably one of the most frustrating feelings in the world! Why? Because I know it's super important to get rid of every last drop of product at the end of the day.

Dr. Palmer, Dermatologist and founder of REPLERE skincare, not only agrees, it's actually one of her go-to beauty tips. "The reason why cleaning is so important, besides removing dirt, makeup and bacteria, is exfoliation. Exfoliation is key to a beauty regimen," she explains. "As we age, our cell turnover rate slows down. This is the process in which our skin cells travel from the lowest layer of our epidermis to the top most superficial layer to be shed off."

Now, are you ready for a fun (or perhaps depressing) fact? Dr. Palmer says that when we're teens our cells turn over every 21 to 28 days. As we continue to get older that process takes considerably longer, slowing down to 30 to 40 days and 40 to 80 days once we're over the age of 50. This delay, "allows dead skin cells to accumulate on the surface of our skin, giving it a dull appearance." As we can all agree, dull, lifeless skin is a major nono!

How do you combat that and wash your face to perfection? Dr. Palmer gave us a full run through.

How to ensure you've done a thorough job

To combat dull skin and make sure your face is genuinely clean try the REPLERE Deep Clean & Clarify Face Wash, which, "contains glycolic, salicylic and azelaic acids to provide exfoliation, antibacterial, and antiaging benefits."

Bonus tip: If you can aim for natural products, do it! Dr. Palmer shared it's an efficient way to limit daily chemical exposure.

The most effective cleansing routine

Per our expert's advice:

First wet face with lukewarm water

Apply one pump amount of the facial cleanser onto fingertips, then gently massage on entire face for 30 to 60 seconds. Finish by rinsing face with lukewarm water

Pat dry with a clean towel. You can leave a little moisture on the face to mimic air-drying

Once dry, apply an alcohol free toner (REPLERE Pore Minimize & Mattify Skin Tonic). In the colder months do a quick rinse after toner is applied. You'll feel clean and fresh without taking too much oil away.

Finish the routine with a moisturizer (REPLERE Protect & Rejuvenate Day Lotion) in the morning and (REPLERE Repair & Replenish Night Crème) night.

Note: This is a very simple cleansing routine that's great for all skin types.

