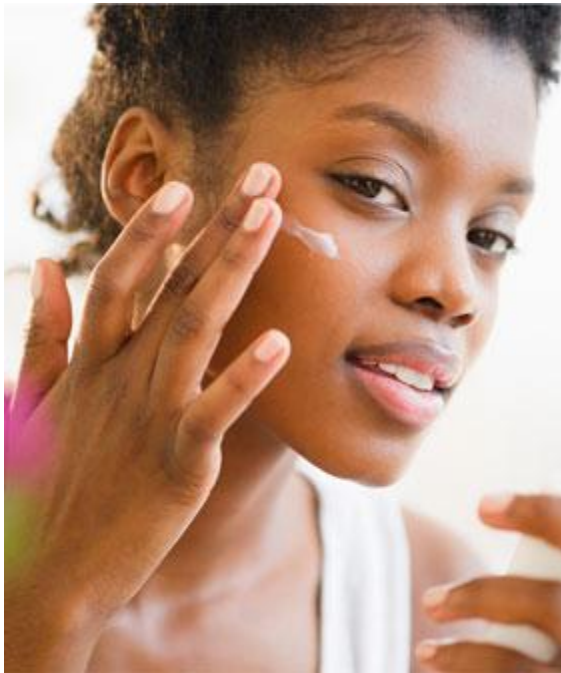


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6 Healthy Skin Care Habits You Should (Maybe) Reconsider



If you're the kind of person who takes fastidious care of your skin, you know all the good things you should be doing to make sure it looks its best — getting plenty of hydration, using preventative products, loading up on the SPF. But, turns out not all of these "healthy" habits are 100% awesome for your skin.

We polled three top derms to find out which common practices many women partake in that may not be so smart for their skin. Keep in mind, these aren't one-size-fits-all habits that are *always* awful — for most of these it comes down to what you use, how often you do it, and what your skin type is. Read on to learn which skin care moves you might need to change up.

Habit: Putting On Moisturizer Morning, Noon, And Night

While keeping your skin hydrated is important, according to dermatologist Dr. Rebecca Baxt, you don't need to do it repeatedly if you have oily skin. "So many women think that they must moisturize their face every night, but that's not true if you have oily skin," she says.

"I find lots of patients, despite the fact that they have oily skin, have been told they need to moisturize every night to prevent wrinkles, and they do this, and their skin gets oilier. If your skin is naturally oily, you don't need to add to the oil with emollients." Her solution? Use a moisturizer by day and a drying product with ingredients like benzoyl peroxide or salicylic acid at night.

Habit: Washing Your Hands Every Time You're Near A Sink

While being sanitary is always a good thing, there is such a thing as overdoing it. "People overwash their hands and use alcohol-based hand sanitizers way too much in some cases — they get germaphobic to an extreme," says Dr. Baxt.

What could be so bad about that? "Too much washing leaves the hands dry and cracked, and that provides an entry portal for bacteria, fungi, and viruses." Lovely. Dr. Baxt says that if you do wash a lot, make sure you moisturize every time — she suggests keeping a hand cream at your desk, in your bag, and by your sink for easy access.

"This applies to the shower, too," she cautions. "People like to scrub themselves with puffs and pads and they irritate their skin and get dry and itchy. A mild soap is fine, but focus on the dirty parts — hands, feet, groin, underarms. Scrubbing the trunk and extremities, unless you are actually dirty, isn't helpful." She also says to moisturize immediately after you get out of the shower to replenish the natural oils of the skin and maintain its barrier.