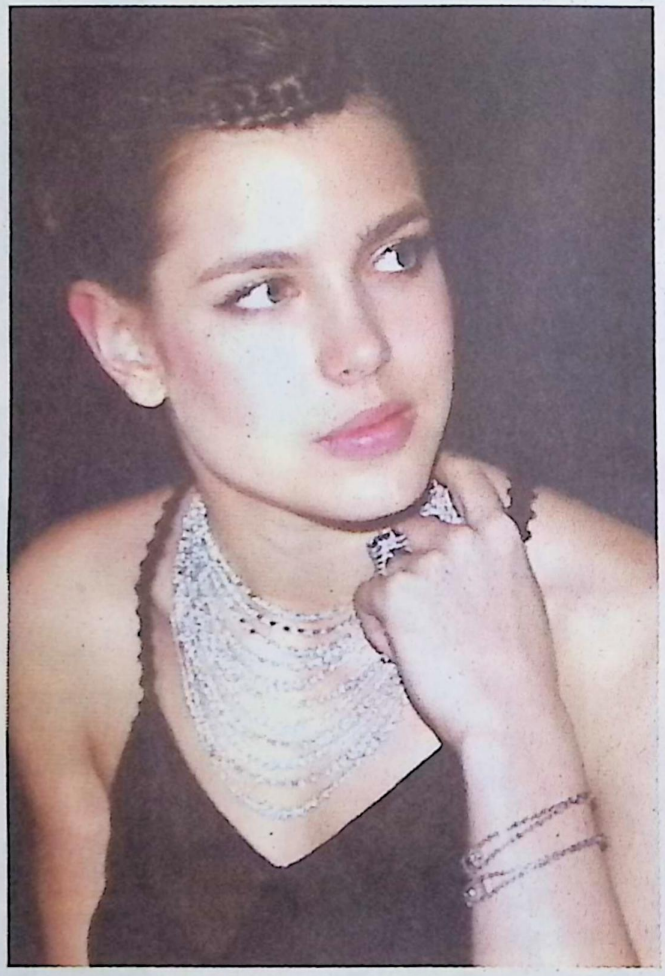
Five Tips for Keeping Your Face Clean and Healthy

Whatever your skin type -- oily, dry, balanced or combination -- proper cleaning is the key to maintaining a good complexion. This is especially true when it comes to your face.

How often should a person wash the face? Once in the morning, once in the evening, and, if necessary, after exercising -- usually does the trick. If the face skin suffers from dryness, once a day should be enough. But more frequent cleanings may be required if face skin is oily or prone to acne.



Here are a few tips that can help keep your face clean and fresh.

- Remove eye makeup with a soft sponge, cotton cloth, or cotton balls and moisturizing cream. This helps prevent damage to delicate tissue around the eyes.
- Stick with lukewarm water when washing. Avoid hot water, which dries out the skin.
- Skip a strong soap that doesn't contain moisturizer. It can strip oil from the skin and leave your skin dry.
- Avoid washing products containing perfumes or dyes.
- Forget using a washcloth, which can be abrasive on the skin. Use your hands to wash your face.

Source: www.thirdage.com

Clean Skin Is Happy Skin

One simple way to take care of your skin is to keep it clean. Keeping your hands clean is especially important because your hands can spread germs to the skin on other parts of your body.

When washing your hands, use water that's comfortably warm. Wet your hands, then lather up with a mild soap. You should lather and rub everywhere, including the palms, the wrists, between the fingers, and under the nails. Rinse well, dry thoroughly with a clean towel, and you're done!

You'll also want to use water that's warm, not too hot, when you take a shower or bath. Use a gentle soap to clean your body. It's a good idea to wash your face once or twice daily with warm water and a mild cleanser.

If you look in the drugstore, you'll see shelf after shelf of skin care products, but kids don't usually need anything more than a gentle soap. Talk to a parent or your doctor if you have questions about what to use on your skin.

If you have dry, flaky, or itchy skin, you might use a moisturizing lotion or cream. When choosing a moisturizer, pick one without a lot of colours and perfumes. Petroleum jelly can work for some kids.

With pimples, you might think that scrubbing your face is the way to get rid of them. But actually, your skin will be less likely to break out if you clean it gently, using your fingertips, not a rough washcloth. If you have trouble with pimples, talk with your doctor about which cleansers are best to use.

Allergies to Skin Care Products

Sometimes when you use a new kind of soap or other skin product, your skin may get irritated or you may get an allergic reaction. If you get a rash or if your skin feels itchy, hot, dry, or like it's burning, tell an adult. Stop using