

CLEANSING 101

Clean Skin equals Healthy Skin.

Every single one of us is unique. Our diets, lifestyles and yes, our skin, which differs from person to person in matters of texture, dryness or sensitiveness all have one thing in common. It gets clogged, and heavily too. No amount of toner, serum or moisturiser will be able to make up for the clogged skin we are left with at the end of the day, which makes cleansing the most essential part of skincare.

Before getting down to cleansing, one must first remove all the dirt and oil on the surface level of the skin. This can be done with cleansing cloths, or simply coconut oil. A common misconception is that people with oily skin should avoid coconut oil to remove excess dirt, whereas the oil actually makes the skin's natural oil come out faster. Once the surface level is cleaned it is time to go in deeper.

The second step is a foaming cleanser, which will help get rid of any left residue of the oil cleanser, along with giving the skin a deep hydrating cleanliness. There are numerous sorts of foam cleansers in the market, but they are not all the same. The best cleansers come with a low ph, which means it is slightly more on the acidic side.

Avoid cleansers with Sodium



m lauryl sulfate (SLS) in the ingredients list as this is the material which strips the skin of its natural oils, leaving it cracked up and dry.

It is not only the cleanser which matters, but the method too.



Starting off with mild warm water is ideal to open the pores for a deep cleanse. We often tend to apply the cleanser on our face, then rub to form bubbles. However we should avoid any sort of rubbing or pulling at the skin. The ideal method is to rub the face wash in the palm of the hands to foam it up,

and then rub in circular motions starting from the T-zone, because that is where the most oil gathers, right down to the eyebrows, all the while putting the least amount of pressure. Another great option is going for cleansers that dispense directly as foam, which makes the job a whole lot simpler. The final wash should be done with cold water which will help tighten the pores. One thing to keep in mind is to not rub off the remaining water on the face with a towel, but to tap it in the skin using the hands. This will help retain the moisture balance and prevent the dry feeling, however do not leave the water to air dry at any cost as it can result in ultra-dry skin.

One of the most important things is that our facial skin is as soft and sensitive, much more than the rest of the body, so it must be well looked after. Oily skin is more prone to acne, whiteheads and blackheads so cleansing is more than necessary. Dry skin is also susceptible to acne, although somewhat less than oily skins. This one simple step can cure the skin regardless of its type and help remove excess oils leaving nothing but a smooth spotless canvas.

By Anisha Hassan

Photo: LS Archive

Acnes
Pimple Expert



চেহারার লং-লাস্টিং
অয়েল ব্যালেঞ্জের

প্রমিজ নিয়ে এলো একনেস
অয়েল কন্ট্রোল
ক্লিনজার

JAPAN'S
NO 1

Micro Granules: ত্বকের অতিরিক্ত Oil Absorb করে

Zinc PCA: অতিরিক্ত Oil Generation Control করে

Sodium Hyaluronate: ত্বকের প্রয়োজনীয় আর্দ্রতা বজায় রাখে

আর অয়েল ব্যালেঞ্জ স্কিন মানেই টেনশন ফ্রি দিন

Developed at Acnes Laboratory

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