

## Keep Your Skincare From Working Against You

We always seem to hear the saying, "too much of anything isn't good for you," and it seems that the same also holds true for our skincare habits. While maintaining a good daily skincare regimen is the best way to achieving a great looking complexion, being too obsessed with your routine can actually work against your skin instead of for it. To avoid doing damage to your skin unknowingly, it's important to follow these simple steps.

**Keep Cleansing Under Control** The first step towards getting your complexion clean is by cleansing. However, it is important that you not over cleanse your face. Keeping your complexion super clean can be super bad because this causes the skin's natural oils to be stripped. This doesn't allow the skin to function properly, including the ability to balance out your complexion's sebum production. At most the face should be thoroughly cleansed no more than twice a day. Those with oily skin types tend to believe that over cleansing will correct their skin and prevent shine. Not true. Instead, stick to cleansing once in the morning and once before going to bed. During the day rely on products to take care of shine such as powder or blotting sheets. Twice a day is more than enough cleansing for your skin so don't feel like you need to go overboard.

**Use Toner Wisely** Despite popular belief, not everyone needs to use toner. Misinformed individuals can do damage to their complexions by using toner with ingredients that are too harsh on their skin, which can result in irritation, rashes, or other signs of upset skin. Toner is ideal for those with normal, combination, or oily skin types. If you have sensitive skin, dry, or acne prone skin, then you'll want to be careful about how you use toner. There are certain toners that are gentle enough for sensitive skin and acne prone skin should stick to skincare products specifically made for their skin type. There are a number of toners on the market that contain alcohol. Make sure you read the labels and avoid any skincare products with alcohol in it. It has no place on your complexion. Dry skin types should stick to cleanser and a good moisturizer as well as their skin's own natural oils. Still want to include toner in your life? Then switch to good ole witch hazel, which is much gentler on the skin in general.

**Take It Easy on the Moisturizer** One of the keys to having healthy, youthful skin no matter what age, is to keep it properly moisturized and hydrated. However, applying too much moisturizer can lead to clogged pores, resulting in breakouts. Unless you have dry skin, chances are you won't need a whole lot of moisturizer on your complexion. Combination skin types should only apply moisturizer to their dry areas. If your skin naturally takes care of its own moisturizing, then you probably don't need to use a separate moisturizing skincare product. For those that make moisturizer part of their daily skincare routine, be sure to choose a product that is oil free and non-comedogenic.