

5 TikTok Tips That Will Change Your Skin

By Sarah Kopp

Teaser Text: Who knew that the best skincare tips ever would come from TikTok?

I don't know about you guys, but since downloading TikTok, I have become obsessed with the skincare side of the video app. I've learned so much about different products, tips, and things to *never* put on my skin.

My routine has changed for the better, so I wanted to share the top tricks with you so that you can switch up your routine too!

Say no to makeup wipes

<https://www.tiktok.com/@benneiley/video/6812414536272907526>

If you haven't heard it already, makeup wipes are a thing of the past. Not only are they [terrible for the environment](#), but they can wreak havoc on your skin. Makeup wipes have tons of chemicals in them, plus they [don't actually clean your skin](#). All they do is push around your makeup and can cause issues like early aging and inflammation from the aggressive act of scrubbing at your skin. Yes, it should sound scary!

But don't worry, there are way better options. Instead of makeup wipes, try switching to a micellar water or cleansing balm or oil. Micellar water pulls dirt off the skin and balms and oils work to melt away any grime from the day. Some great options are the [Garnier Micellar Cleansing Water](#) (\$ 8.99), the [Inkey List Oat Cleansing Balm](#) (\$9.99), or the [DHC Deep Cleansing Oil](#) (\$28).

Stop stripping your skin!

<https://www.tiktok.com/@skincarebyhyram/video/6842461705633533189>

Another thing we are definitely leaving in 2019: no more face scrubs or harsh cleansers. Harsh cleansers can completely strip your skin of its natural oils and cause breakouts and dehydrated skin. And don't even get me started on face scrubs — the little beads in scrubs are actually [micro-plastics](#) which are harmful to our oceans and can cause small tears in your skin if you scrub too harshly. Yikes!

Instead of harsh cleansers, try a cleanser from [CeraVe](#) (all under \$15) or [La Roche Posay](#) (all under \$20), both of which have great ingredients that won't dry out your skin. If you still want to exfoliate, ditch the face scrub and try a [chemical exfoliant](#) like [The](#)

[Ordinary's Glycolic Acid 7% Toning Solution](#) (\$8.70) or [Good Molecules Overnight Exfoliating Treatment](#) (\$6).

Incorporate good ingredients into your routine

<https://www.tiktok.com/@dr.zionko/video/6824556129192840453>

Now that we've ditched the bad stuff, it's time to add some amazing ingredients into your routine. If you want to brighten and reverse any sun damage on your skin, try a [Vitamin C](#) treatment.

Some great options are the [Inkey List Vitamin C Brightening Cream](#) (\$9.99) or [L'Oreal Paris Revitalift Derm Intensives Vitamin C Facial Treatment](#) (\$23.99). If you want to brighten your skin and prevent acne, you have to try out [Niacinamide](#). Two good Niacinamide products are the [Good Molecules Niacinamide Brightening Toner](#) (\$14) and [Glossier Super Pure](#) (\$28). If you have acne you're trying to get rid of, give [salicylic acid](#) or [retinol](#) a try. A good salicylic acid cleanser is the [La Roche Posay Effaclar Cleanser](#) (\$14.99) and a good retinol treatment is the [Differin Acne Treatment Gel](#) (\$13.99).

Just remember to not try too many things at once so you don't overwhelm your skin!

Wear sunscreen every. single. day.

<https://www.tiktok.com/@dr.zionko/video/6842642165449903365>

If there's one thing you take away from TikTok skincare, it's this: you *must* wear sunscreen every single day. Sunscreen is the best way to prevent aging, but it will also help your skin with any kind of issue your skin is currently facing. Using sunscreen every day is basically like giving your skin a break to continue to heal itself as it does at night. I personally always put sunscreen on my face, neck, and hands every single day (yes, even in the winter or when I'm inside!) and make sure to reapply every few hours. Some fantastic sunscreens with little to no white cast are: [Purito Comfy Water Sun Block](#) (\$15.90), [Krave Beauty The Beet Shield](#) (\$20), or [Versed Guards Up Daily Mineral Sunscreen](#) (\$21.99). If you do prefer a chemical sunscreen, make sure you use one with no oxybenzone and octinoxate, as they can be [damaging to coral reefs](#).

Be kind to your skin!

<https://www.tiktok.com/@benneiley/video/6846932449813957893>

Lastly, this is just a reminder to always be kind to your skin and yourself. Whatever you're dealing with—acne, dark spots, dryness, oiliness—it will get better. The best advice I can give you is to stick to a very simple, gentle skincare routine and give it a few weeks. If your problems really won't go away, seek out a dermatologist if you can.

What do you think of these TikTok tips? Will you be trying any out? Leave us a comment on Her Campus's Instagram and let us know!