

Slug: /why-you-should-wash-your-face-every-night

Meta Title: Why washing your face every night can lead to optimal skin health.

Meta Description: Falling asleep without washing your face can negatively affect skin health.

Discover why you should wash your face every night, plus tips on best cleansing practices.

## **H1:** Why you should wash your face every night

A fast and quick explanation.

The nighttime routine - feels like you either love it or hate it. From the opinion of someone that has evaluated faces for eight years and counting, here is my spiel on its importance.

Throughout the day, our dermis does a number of things. It sweats, produces oil, gathers environmental pollutants, and sheds dead skin cells. These everyday skin actions can lead to numerous issues like dullness, aging, acne, and more. Let's not forget makeup use and the ability its ingredients have to clog pores. So, at the end of a long day, heading to bed with all this resting on your face is a recipe for quicker skin aging and enhancing issues with acne.

The remedy? Wash your face every night before bed. A double cleanse is better. For a great clean, look for cleansers that contain salicylic acid, niacinamide, benzyl peroxide, or an alpha hydroxy or beta hydroxy acid. These ingredients are mildly antibacterial and do a superb job cleaning out pores to prevent that build-up. Consistent facial cleaning can also shrink pore size over time. If you must use a make-up wipe, double cleanse with a face wash after its use. Makeup wipes utilize oils to remove makeup, and that oil can create a breeding ground for bacteria or simply sit in pores, increasing their size over time. Makeup wipes often contain other chemicals that can irritate the skin or create dryness by disrupting the skin's PH balance. For the ultimate beauty hack, cleanse your face in the shower after the hair conditioner has been rinsed out to remove oils from the conditioner left on your face.

Cleansers to look into:

\*Epionce Lytic Gel Cleanser \$40

\*SkinMedica AHA/BHA Exfoliating Cleanser \$48

LaRoche Posay Toleraine/ Effaclar Cleanser \$15 - \$22

\* Available at Azul Medspa

References:

(1) MUNCE, G. (2021). Power-Wash Your Face. Men's Health, 36(10), 42.

<https://web.s.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=5&sid=0f09d74a-d280-49ec-b6cc-dac6642119a3%40redis>