



APOTHECO PHARMACY
GROUP

What to Look for in a Facial Cleanser

In order to achieve a smooth and glowing complexion, something sought after by everyone, you must create a skincare routine that works for you. One of the first steps in your skincare routine should be cleansing it with face wash.

What is a Face Wash and What Does it Do?

A face wash (facial cleanser) is an imperative product in every person's daily skincare routine. Face washes work to remove dead skin cells, dirt, oil, sweat, sebum, make-up, and any other pollutants from your skin to clean out your pores. Cleansers should work to prevent acne, redness, and other conditions that can develop in your skin from pollutants.



Skin Types

Before choosing products to incorporate into your skin routine, you should determine what skin type you have so you can purchase products that will compliment your skin and keep it healthy. There are 5 main skin types. They are normal, oily, dry, combination, and sensitive skin.

Normal Skin

- Not dry or oily
- Small pores
- Few imperfections
- Not sensitive

Oily Skin

- Large pores
- Shiny complexion
- Pimples, blackheads, whiteheads, and other imperfections

Dry Skin

- Invisible pores
- Red patches
- Dull complexion
- More lines and wrinkles
- Less elastic skin

Combination Skin

- Oily skin in certain areas of the face, dry in others, and normal in others
- Typically, those with combination skin will oily in the "t-zone" (forehead, nose, and chin) and dry/normal on the rest of the face
- Burning
- Dryness

Sensitive Skin

Usually, sensitive skin reacts to triggers from the environment. Symptoms include:

- Redness
- Itching
- Burning
- Dryness

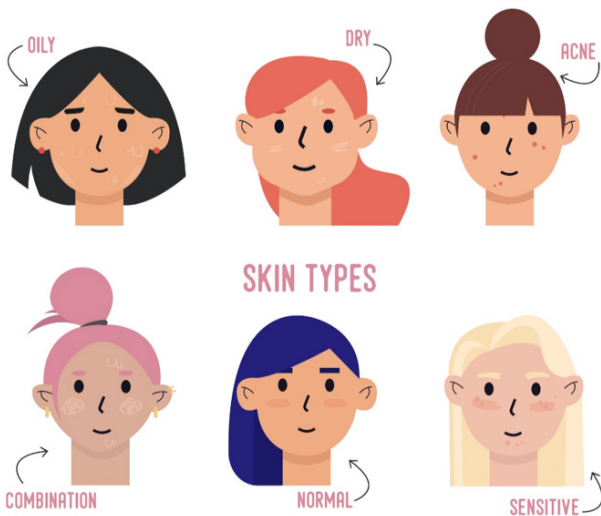
Acne

An acne breakout starts with a clogged pore that leads to a lesion on the skin. These lesions can present differently but the most common are:

- Non-inflamed blackheads
- Red inflamed whiteheads
- Cystic bumps
- Bumps or bumpiness across the skin's texture
- Milia (non-inflamed whiteheads)

The Right Cleanser for Your Skin Type

During and after washing your skin, you should feel clean, soft, and non-irritated. To achieve this feeling, you need to choose a face wash for your skin type. Each skin type will react differently to certain face washes and ingredients in cleansers, so it is important to choose one that is right for your skin.



Face wash for normal skin

The best ingredients for normal skin in cleansers are retinol, salicylic acid, vitamin C, and chemical exfoliants. All of these encourage skin cell turnover, increase hydration, and soften the skin to keep it healthy.

Face wash for oily skin

To reduce oil, shine, and prevent breakouts, look for cleansers that contain benzoyl peroxide, salicylic acid, and glycolic acid as these clear out and remove excess oil from your pores. Tea tree oil is also a natural ingredient that dissolves oils and kills bacteria. If you are struggling with acne, the previously mentioned ingredients also work to clear out blackheads, whiteheads, and pimples.

Face wash for dry skin

If you have dry skin, you should be using a cleanser that hydrates and moisturizes your skin. Ingredients to look for are lactic acid, hyaluronic acid, ceramides, and natural oils like avocado and jojoba. Also, avoid ingredients that those with oily skin should be using. Cleansers with salicylic or glycolic acids work to reduce oil and will further dry out the skin creating more irritation, cracking, and redness.

Face wash for combination/sensitive skin

Both combination and sensitive skin types should use ultra-gentle cleansers. Do not use physical scrubs or washes with micro-beads as these can cause tears and further irritation in the skin. Use cleansers that are fragrance-free, hypoallergenic, paraben-free, and soap-free to ensure that you are not going to irritate your skin while washing.

Face wash for acne

If you struggle with breakouts, the best over the counter face washes include acne fighting ingredients like salicylic acid, benzoyl peroxide, sulfur, glycolic acid, and adapalene. Depending on how severe your breakouts are you can also be prescribed face washes that include prescription strength benzoyl peroxide or retinols to clear up skin.

Conclusion

Before purchasing a facial cleanser, be sure to determine your skin type. Once you have determined this and know what ingredients you need for a clear, glowing, healthy complexion, you can make an informed purchase.

Here at Apotheco we are available to answer any questions regarding your skincare. As a full-service pharmacy, we have many physician recommended over the counter products. **Click here to contact your local Apotheco Store for more information** or email us at: customerservice@apothecopharmacy.com