

How you wash your face plays an important role in the skin care. Follow these tips from dermatologists to help you wash your face the right way.

1. Splash some water on the face and neck
Avoid rubbing the face. Use lukewarm water, avoid using hot water on the face
2. Apply cleanser to face and neck area using your finger tips
3. Massage gently on the wet face in upward circular motion with your finger tips.
Do not use a cloth or any other cleansing material to rub the face. Avoid using scrubbers
4. Splash some water on face and neck
5. Using a soft towel gently pat skin to dry.
6. Apply a gentle moisturizer on your face within 2-3 minutes of washing your face
7. Limit washing your face with a face wash twice a day. If you sweat a lot wash your face with plain water after sweating

If you have questions or concerns about caring for your skin, you can consult our dermatologist