



ARE YOU CLEANING YOUR FACE RIGHT?

Merely washing your face twice a day may not be enough, instead try double cleansing

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Most of us have our skin care routine down pat. Whether it involves cleansing, toning and moisturising or just one or two of these steps, the importance of washing one's face daily had always been known. However, research says merely using a face wash or soap to scrub off the dirt may not be getting the job done. Especially, if you're one to use make-up regularly. Double cleansing — a method that's been used in Japan for centuries — involves a thorough cleansing of the face twice, in order to remove every last bit of grime from the face. It works on the premise that there are two types of impurities — oil-based such as excess sebum and make-up and water-based like dust, bacteria, and sweat — that affect the face. And a two-step cleansing system that involves first using a cleansing oil, followed by a face wash can give best results.



GETS RID OF IMPURITIES

Aakriti Kochar, beauty and make-up expert, Oriflame India explains, "As the name suggests, this method of double cleansing involves a dual step cleansing process. The first wash with the cleanser is aimed at removing make-up, dirt particles while the second step in the cleansing ritual usually involves cleansing with a less harsh product. This is popular as it is believed to rid the skin of impurities deep within. For the first step, it is advisable to use a gentle cleanser or make-up remover depending on your skin type. Water-based ones are recommended for dry or combination skin and oil-based cleansers are suggested for dry skin." It is important not to include exfoliants or harsh scrubs.

KEEP SKIN TYPE IN MIND

Dr Geeta Oberoi, dermatologist, founder member, Skin & You clinic, says cleansing agents depend a lot on the skin type of the patient whether oily, dry, combination or pigmented. "The frequency of use of make-up or the amount of make-up used also affects cleansing. For oily skin type, I would recommend cleansing with a micelle cleanser before and then a face wash with exfoliating agents or benzoyl peroxide. Heavy make-up users, can use oil-based make-up remover for eyes for all skin types followed by micelle containing removers for oily skin and non-soapy cleansers for dry skin followed by an appropriate face wash."

IT DOES HELP

This method is definitely useful says Dr Shefali Trasi-Nerurkar, MD Dermatology, Trasi's Clinic and La Piel. "Once the make-up is removed with the cleansing oil, a second wash with a face wash or simply water does help to clean the skin fully. Such double cleansing can cause dryness but then an oil-free moisturiser can be used to counteract it. A non-soap cleanser is gentle on the skin, hence can be used to cleanse the face after removing the make-up with make-up remover," she says.

Beautician Manasi Bhakade from Skinkala salon, adds that the second cleansing in this method, helps to clear the pores. "Those wanting a natural option, can use papaya and watermelon which make for a good cleanser and gives a natural glow to your skin. Raw milk is another cleanser for fair skin. It increases vitamin production and reduces the melanin production," she says.

