

FOR DERMATOLOGY, COSMETIC & LASER SURGERY

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7 shocking skin mistakes you may be making

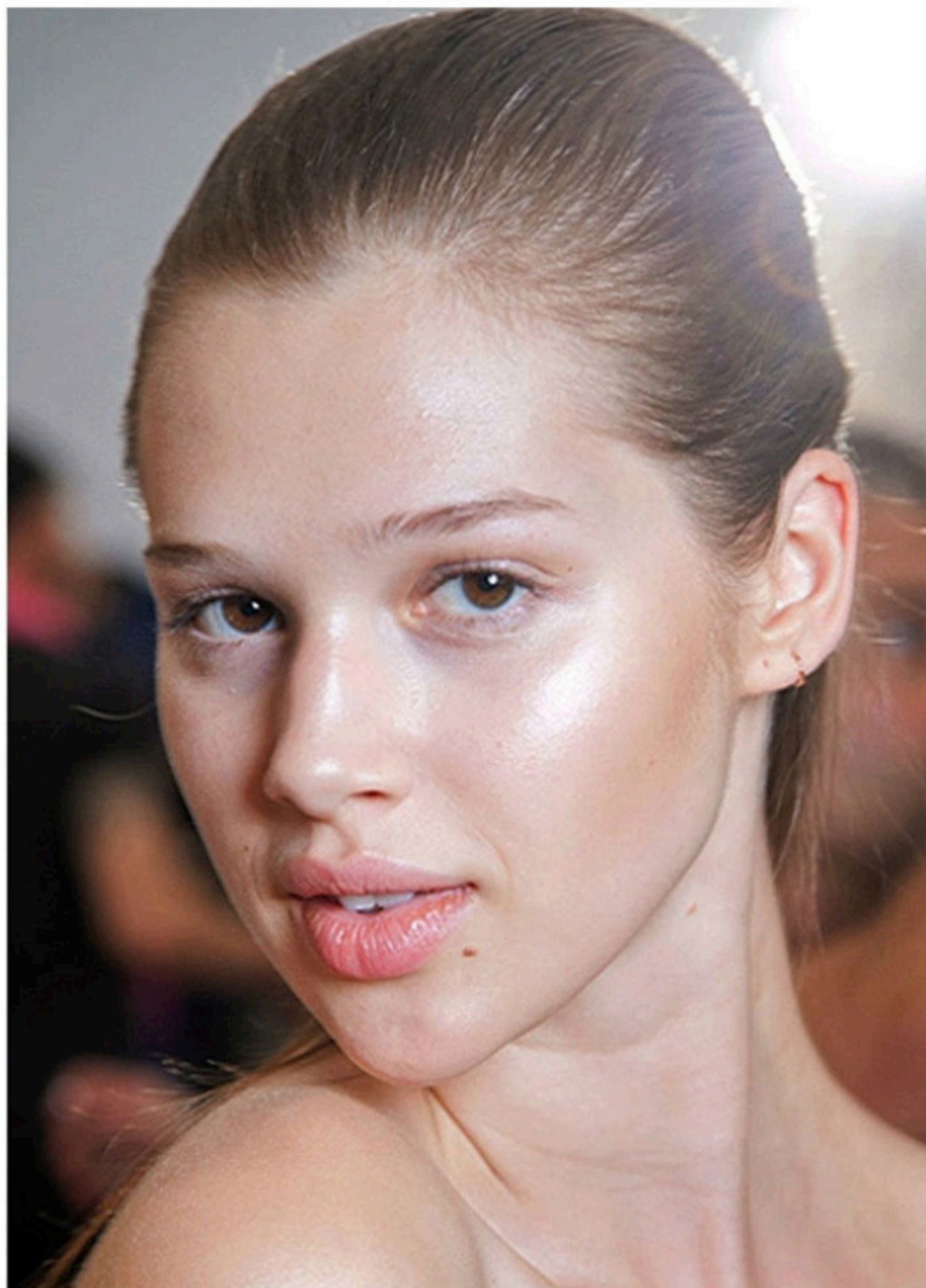
All Washed Up

Big mistake: You over-rinse your face.

What's wrong: "Water on your face can be drying," says David Bank, M.D., a dermatologist in New York. "Water seeps into the pores, drying out the skin with it," says Bank. (The oils in your skin protect the epidermis—keep it hydrated.)

The fix: If your skin is dry, use a creamy cleanser or oil. **Cloths.** If you have oily skin, clear off with water. If you have dry skin, use a warm, damp cloth.

What's wrong: Water on your face can be drying," says David Bank, M.D., a dermatologist in Mount Kisco, New York. "Water seeks more water, so when you're dousing skin with it, it upsets its natural balance," says Bank. (The oils in your outer layer of skin—the epidermis—keep it healthy.)



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Skincare Surprises

By Lisa Cohen Lee

You take care of your skin, washing your face twice a day, using SPF, and applying anti-aging cream. You're doing everything right—right? Surprisingly, your regimen may be doing more harm than good. Glo uncovers the most common mistakes and offers smart solutions for getting great skin.



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Loyalty Program

Big mistake: You've been buying the same anti-aging cream forever.

What's wrong: "Skin changes as you age and you need to keep up with progress," says Bank. The newest products contain stronger and more effective ingredients. "It's like having an old cell and getting an iPhone. It's amazing what new products can do."

The fix: Olay's sagging solution with a hero peptide

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Lay It On Thick

Big mistake: Believing more is better.

What's wrong: Going overboard with skincare can backfire. "Products have been tested with the recommended amount. Using more than that won't speed up [the process], and it can irritate the skin, like redness," says Dr. Shalita.

The fix: For is fine. For ingredient Sensitive,

What's wrong: Going overboard with skincare can backfire. "Products have been tested with the recommended amount. Using more than that won't speed up the process and may produce side effects—like redness and flaking," says Bank.