

## **Skin Care Tips-Learn how to Remove Makeup Effectively**

While makeup is used for the purposes of enhancing features, most users don't have a clue on how to remove it in order to avoid damage to the skin. After a hard day, before going to bed, you should remove it as part of your skin care regime in order to ensure that you don't damage your skin. In this respect, there are several things you need to take into consideration.

### **The Proper Way**

In order to remove cosmetics in a proper manner, it is advisable not to rub your face raw. You should not use any product that irritates your skin either rather it is advisable to remove all traces of cosmetics in a gentle manner in order to leave room for the pores to breathe. As part of your skin care regime, you should cleanse your face before sleeping in order to wake up with a softer, dewy and amazingly beautiful complexion. It is of utmost important t remove the makeup before going to sleep at night. This not only removes the cosmetic residue but it also gets rid of any toxins and pollutions that might have attached to your skin during the course of the day. The following are some of the steps that every woman needs to know in order to achieve this goal successfully.

- Pull the hair back in order to ensure that the hairline and entire face is well exposed. This is important because it ensures cosmetic build up and dead skin is effectively removed.
- Moisten a cotton ball in cosmetics remover or some baby oil and wipe the area surrounding the eyes. A different cotton ball should be used for each eye to avoid any possible infections.
- You should select a cleaner that is effective and gentle. It should be designed to remove oils and dirt. More importantly, make sure that it is formulated to suit your skin type.
- A minimal cleaner should be placed at the palm of your hands and lathered onto your moist face. Pay close attention to the area around the neckline and any other areas susceptible to accumulation of makeup. You should carry this out in a leisurely manner and once through, rinse your face with lukewarm water and pat dry using a light towel. Apply a nightly light moisturizer.
- You can also use a toner though most experts claim that it is not a necessity. Majority of cleaners have a toner and using an additional toner can cause further damage by ridding the skin off essential oils.
- Baby wipes should not be used for purpose of removing cosmetics and this is because these can cause clogging and blemishes.
- In cases where waterproof mascara is used, it is advisable to use a cotton ball dipped into a cleaner to remove it and this is because it serves this purpose of perfection.