

## Face Wash

Don't make the same mistake I have made. I have neglected my face. Don't get me wrong, there's nothing wrong with it, but as I get older, I notice the signs of aging that might be a little premature. I don't pay enough attention to my face, and I guess I have always thought the soap in the shower was a good enough way to keep my face clean and fresh as well. Now that thirty-five is sneaking up on me, I see that I have to make some changes in my daily routine, and that includes finding a face wash that will be gentle on my skin.

When you use something on your skin, you have to use something that gets you clean. That's common knowledge. However, when it comes to your face, you have to buy a special face wash to make sure you clean your face, but also that the skin is being cared for properly. If you can find a good face wash with a moisturizer in it, you should definitely go for that. You can buy separate, but it's far more convenient to do it all at once.

One great face wash I have found are the new cleansing pads. They have everything you need all in one pad, though you may want to use a separate moisturizer. I have found that they do dry my face out just a bit. They include face wash, toner, and moisturizer, and are supposed to exfoliate your skin as well. They are easy to use, and they can go anywhere rather easily. Instead of toting around six bottle of stuff just for your face, you can just take a small container full of the pads to keep your face clean and soft.

If you want to buy a separate face wash, look for something that will go with your skin type. There are some made for dry skin, and some face wash is made just for those of us who still fight with acne on occasion. No one's skin is perfect, but finding the right products can help you feel and look your best. If you find your skin is feeling overly dry or perhaps that you don't feel as clean as you would like to, you may just need to find a new brand and formula that better matches your needs. You may even find that one that works for a while suddenly stops working. That might be because your skin is changing, so don't let that freak you out.