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Should you wash your face before working out

Getting in daily exercise is important for overall health and well-being. An important skin care tip to remember is to wash your face both pre and post workout. If you're someone who works out in the morning, you definitely want to wash your face BEFORE exercising. I know you're probably thinking, "What's the point? I'm going to have to wash my face again as soon as I'm done." Yes, you are correct about washing your face after you exercise but allow me to explain why you should also cleanse your skin BEFORE you work out... If you've used any type of 'active' products on your skin the night before such as retinoids (Vitamin A), alpha hydroxy/ beta hydroxy acids (lactic, glycolic, salicylic, mandelic serums), prescription skin care or acne medications such as benzoyl peroxide, then they need to be rinsed off of your skin prior to working out. Why? When you sweat, it will mix with these products which can cause redness, irritation and dryness which leads to inflammation. Sweat can also mix with sebum (facial oil) which leads to clogged pores. It takes just a minute or two to wash up before working out. Do it. After your workout, you need to wash your face to cleanse away sweat and bacteria to prevent your pores from getting clogged. Do this within 15 minutes or so of completing your workout. Leaving sweat on your face after exercising can cause irritation and dehydration because sweat contains salt. If you're short on time, you can use a baby wipe to quickly remove sweat and then rinse your face with some tepid water. But, make sure you do a proper face cleanse as soon possible. Baby wipes are only to be used in a pinch and make sure they are acne-safe and fragrance free! The one I recommend is Kirkland brand which is available at Costco. Last but certainly not least, after washing your face remember to use your toner and moisturizer as well as SPF (if during the day). Coming soon to PRIIA is Face Reality Skin Care! You'll be able to pack acne-safe skin care products in your gym bag to keep your skin clear and healthy! For the best results, use warm, not hot, water to wash your face. Hot water might dry your skin too much. After cleansing, use cool water as a final rinse to close your pores. Along with warm water, use products that are meant for your face, not your body. Also look for cleansers that are formulated for your specific skin type. For example, if you're prone to acne, there are a wide array of gentle cleansers and antiseptic washes available. Skin is slightly acidic, with a pH around 5.5, and the cleanser you use should have a similar pH. Soap, which is alkaline (the other end of the pH spectrum), can sometimes irritate the skin [source: DermNet]. Soap-free cleansers, on the other hand, such as beauty bars, mild cleansing bars and sensitive-skin bars will have a lower pH and are a good choice, if your skin isn't terribly oily. A dermatologist may recommend that you use a wax- and oil-free cleanser for very dry or sensitive skin. Some ingredients that might be in this type of cleanser are glycerin, cetyl or stearyl alcohol, sulfate or sodium laurel. Another option for extremely dry or sensitive skin is a cleansing cream, which both removes makeup and cleans the face. A scrub both cleans and exfoliates (removes dead skin). Scrubs can be too harsh for many people, but there are gentler versions available. Some of the more abrasive scrubs contain ingredients such as ground fruit pits. The alternative is a gentler scrub made of polyethylene beads or sodium tetraborate decahydrate granules - these options might work for people who can tolerate some exfoliation [source: American Academy of Dermatology]. Avoid facial products containing fragrances - they are a leading cause of irritation from skin products. Fragrances are a common ingredient in body cleansers and just another reason to use a product specifically designed for the face. Now that you know how to look for a suitable cleanser, read on to learn specific face-washing techniques. pH Defined Some skin-care products include information about their pH level. This pH scale, which goes from 1 to 14, simply tells you how acidic or alkaline something is. Something with a pH of 7 is neither acidic nor alkaline - it's neutral. Pure water, for example, is neutral. A pH below 7 means something is acidic, while a number above 7 makes it alkaline. by Shannon Farrell Jun 12, 2015 at 3:30 pm EDT Photo: Valua Vitally By now, you know that washing your face after your gym session is essential: nobody wants sweat sitting on their skin, clogging pores and giving us breakouts. It's tank top season! Nobody has time for that! But prepare yourselves for a shock: it turns out that it's actually way more important for your skin's health to wash your face BEFORE you work out, rather than cleaning it after. It turns out that it's all about hygiene; if you skip this mandatory cleansing, even sans makeup, your pores are all but guaranteed to clog. "If you don't wash your face before working out, then you're sweating up against all of the oil, dirt, debris, and makeup that is on your skin, which can clog your pores," says New York-based dermatologist Dr. Dennis Gross. He also adds that when you work out, you tend to wipe your face with your hands or a towel to swipe sweat away, "which can push oil, dirt and debris further into your pores and lead to larger pores, collagen breakdown and future breakouts." Terrifying. As it just so happens, sweat isn't the enemy—we are. "Sweat is one of the few mechanisms our bodies have to rid themselves of toxins," says Skin Authority CEO, Founder, and Product Formulator Celeste Hilling. That should be a good thing, no? It is, but Hilling explains that problems form when the toxins sit on your skin longer than they should. If many of these toxins were cleaned off before you worked out, sweat would mainly consist of salt and water, which would purify rather than irritate the skin. All you would have to do is splash your face with water post-workout and go. Dr. Gross adds that it's best to use very little product after exercise: "Hold off with anything occlusive [like thick moisturizers] because when you increase your metabolism, the oil glands have a natural desire to secrete. Skin has yet to equilibrate, so putting anything on right away may block the pores." Wait until skin has returned to room temperature to apply moisturizer and makeup. "When skin is overheated, it can exacerbate redness even when skin is normally not prone to this condition," Dr. Gross explains. "All products are designed to work under normal physiological conditions such as normal room temperature, non-sweating circumstances, and skin that is not already red." Our gym bags just got a little bit lighter. More from Daily Makeover: 8 Common Winter Skin Care Myths Debunked Tags: cleansing fitness Skincare Tips working out Just as exercise is good for muscles, it's also good for the health of your skin. A study published in August 2015 in Aging Cell suggests that both endurance exercise and high-intensity aerobic training may help prevent and reduce signs of aging in the skin. Stress reduction is a key reason to stay fit. A review from December 2016 in Current Behavioral Neuroscience Reports noted that exercise can help fight stress — which, when chronic, can contribute to skin aging and exacerbate skin conditions such as psoriasis and acne, according to another review, published in June 2014 in Inflammation & Allergy Drug Targets. Now that you know just what exercise can do for your complexion, you'll want to maintain the skin-care habits that prevent acne, improve hydration, and reduce irritation and damage. Going that extra mile — in the gym or with your skin — can help turn back the clock. We talked to two dermatologists about what you need to do to prep your skin before and after exercise. 1. Before You Break a Sweat, Don't Forget to Apply Sunscreen If you're going outside, don't forget to apply a broad-spectrum sunscreen of at least SPF 30, says Deirdre Hooper, MD, a board-certified dermatologist at Audubon Dermatology in New Orleans and an associate clinical professor in the Department of Dermatology at Louisiana State University and Tulane University. Here's the thing: This advice applies even if you're working out in a gym with windows that let light in. "Anytime there's visible light, you're exposed to some part of the electromagnetic spectrum. Growing evidence is showing that all light is important when it comes to skin damage and aging," she says. Because you'll likely be sweating, and especially so if it's hot out, you'll want to ensure your SPF is sweatproof, too. Sports sunscreens usually have this in mind; the label should also list how many minutes the product is both water- and sweat-resistant. Apply it to your face, throat, chest, and back of the neck. The last is the spot most people forget, and these are often the folks who are surprised when they see signs of aging, like discoloration, appear in their late thirties and forties, she says. RELATED: 10 Things Your Skin Is Trying to Tell You — and How to Respond 2. Believe It or Not, Don't Worry About Washing Off Your Makeup Pre-Sweat Sesh This may come as a shock, but Dr. Hooper says it's okay to skip washing your face before a workout. "You'll sweat and it'll get a little messy, but it's not bad to have makeup on your face during exercise," she says. That means it's totally fine to schedule a lunchtime workout and head straight for the treadmill. One thing you don't want on your face as you suit up to sweat: a heavy moisturizer. "Some moisturizers put a barrier on skin that prevents the evaporation of water," says Charisse Dolitsky, MD, a dermatologist at Schweiger Dermatology Group in Long Island, New York, and a clinical assistant professor of dermatology at SUNY Downstate. Not only is there a pore-clogging concern, but it's the evaporation of sweat that cools you down. So if you're tempted to add more moisturizer before working out, don't. 3. After You Exercise, Hit the Showers to Wipe Away All the Sweat Now that athletics is a thing, it's socially acceptable to sport the leggings you wore at the gym while out you're out running errands or to breakfast later. Not so fast. "Sweating creates a warm and wet environment for bacteria to grow," says Hooper. At the very least, rinse off to remove built-up sweat, oil, and germs. This is especially important if you're acne-prone, she says. In that case, try a wash that contains benzoyl peroxide, which will fight C. acnes, the bacteria that causes breakouts. If that doesn't work, she recommends cleansing with a sulfur wash. As a rule, always change into new clothes. If acne still remains, it's time to see a dermatologist, who may recommend stronger prescription options to clear your skin. RELATED: 5 Nighttime Skin-Care Mistakes That Are Sabotaging Your Beauty Sleep 4. If Nothing Else, Be Sure to Wash Your Face Post-Workout If you're not showering at the gym, at the very least clean your face before you pack up and leave. Avoid harsh washes and opt for a gentle or mild cleanser instead, says Dr. Dolitsky. A facial wipe can be used in a pinch if you're running out the door. If you're acne-prone, a wipe with salicylic acid can help prevent plugged pores that lead to pimples, she says. Next, top with a lightweight moisturizer to help your skin retain water. 5. Apply a Tinted Sunscreen When You're Done Washing Off Yes, you've heard over and over again to use sunscreen. Honestly, dermatologists agree that this constant reminder is critical for the future health of your skin. Sunscreen guards against the UV rays that degrade collagen, the proteins in skin that keep it springy and line-free. Most likely, if you were working out, you were sweaty, which makes this step all the more key. "If you sweat, the sunscreen you applied prior to your workout is now gone," says Hooper. Rather than reapply a thick sport sunscreen, now's the time to slather on a tinted sunscreen, which multitasks as both a UV protectant and makeup that evens your skin tone. What's more, research suggests that tinted sunscreen can protect skin from the damaging effects of indoor light, per the November 2017 issue of the Journal of Investigative Dermatology. RELATED: The Skin-Care Glossary Every Woman Needs to Have 6. Just as You Let Your Muscles Relax After Exercising, You'll Want to Cool Down Your Skin You know you need to cool down your muscles after exercise by walking or stretching, and your face needs a break, too. "Heat can damage the skin by inhibiting its restorative processes," says Dolitsky. Just as you protect your skin from UV damage from the sun, you should guard your complexion against heat energy, too. This is especially important after prolonged heat exposure, such as a hot yoga class, Dolitsky says. Luckily, it's relatively easy. Simply wash your face with cool water if you're on the go, or apply a cooling mask at home.

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