

Metique Tea Tree Oil Hygienic Skin Wash

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Dealing with Acne: Cleansers

Cleansing is the most important step in my skincare routine, and it should be the most important step in your as well! You should cleanse every night (no matter how late you get in from the pub) and every morning. Face wipes don't count, they're fine in emergencies, but other than that steer clear. If you have acne the temptation is to immediately go for something oil free, that will just strip your skin of all it's natural oils, and inflame your skin. I got stuck in this cycle a few years ago and my skin just got worse. When my acne was at it's worst, and during the hormonal flare ups I still get, I avoid anything that foams (I always avoid SLS anyway) and anything that is at all drying. The first step in proper cleansing is to get all your make-up off. I get my eye make-up and the majority of my face make-up off with Bioderma, but if you prefer you can use a balm or cream Cleanser to remove most of your make up, my favourites are Liz Earle's cleanse and polish and REN's No 1 purity cleansing balm.

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I use either of those on dry skin to remove every last bit of make up, they are both fine to use around the eyes, I remove with a hot muslin cloth or a flannel. I always double cleanse, and when my skin is behaving really badly I will use RENs clearcalm3 clarifying clay cleanser or [Metique's Hygienic Skin Wash](#), either with my Clarisonic, or if my skin is feeling very sensitive without. The REN is a clay based cleanser that is great for dealing with a lot of excess oil without stripping the skin, and I love using it when my skin is feeling oily but I don't have time to use a face mask. Metique's Hygienic Skin Wash is a lovely non-foaming face wash that contains 5% Tea Tree Oil, a great natural anti-septic and natural Vitamin E so it won't dry out your skin.

If you have acne prone skin cleansing properly is so important, don't sleep in your make-up and don't use face wipes.

If you cleanse properly, anything else you use will work a lot better, and be way more effective.



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