



## 8 Most Common Skin Care Mistakes Dermatologists See & Products That Help



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Everyone is guilty of messing up their skin care routines. Sometimes you might not realize you're doing any harm, until your dermatologist notices and tells you. But who has time to see one? That's why I want to save you the visit by tipping you off to these [common skin care mistakes, according to dermatologists](#).

Skin care routines are always a work in progress. Different factors like environment and stress can throw off your regimen, and as you get older, your skin's needs change. Even though I consider myself a skincare snob, I too make my own [skincare mistakes](#) that my face pays for. Whether it's only using a mere face wipe to remove my makeup or forgetting to reapply sunscreen, there are times where I'm feeling too lazy to take good care of my skin. Not a good idea because those little slip-ups can turn into [harmful skin care habits](#), but hey, I'm human.

But sometimes, the issue could be as simple as using the wrong products. Everyone's faces have different needs depending on the time, and if they're not addressed, it could lead to irritation, acne, and other skin care concerns. Along with asking dermatologists for the most common skin issues they see, they also shared [their favorite skin care products](#) that they swear by.

## 1. When You Sleep In Your Makeup

Be honest: How many times have you come home from a night out and completely disregarded your skin care routine? If you think simply wiping your face with a makeup remover wipe is going to cut it, you're wrong. "[Some makeup] can clog your pores and overall just be an irritant to your skin," says Mike Swann, M.D. board certified dermatologist at [Swann Dermatology](#) in Springfield, Missouri. He recommends a mild exfoliator, like this [Skinmedica AHA/BHA Exfoliating Cleanser](#) to completely remove all makeup residue.

## 2. Overly Drying Your Oily Skin

People with oily skin feel the need to absorb and cover their shine all day, but the truth is, you might be overdoing it. "Even oily skin types need protection and being dry can increase inflammation," says Swann. His advice? Be wary of alcohol-based facial cleansers that strip your skin's natural oils. Try this [facial cleanser](#) from Dr. Dennis Gross, which deep cleans your pores, getting rid of blackheads and other bacteria.

### 3. Using Lip Balm To Cure Your Dry Lips

“People often will seek a lip balm when they have dry, chapped lips,” says **Delphine J. Lee, MD, PHD, FAAD**, dermatologist and director of the [Dermatological Center for Skin Health at Providence Saint John’s Health Center](#) in Santa Monica, CA. “However, when lips are dry, flaky and peeling, it may be a sign that what you are applying is actually causing an allergic reaction.” She suggests to swap your balm for a lanolin-free product like [Vaniply Ointment](#) to soothe your lips.

### 4. You're Picking Your Pimples

I know it's tempting, but stop picking your pimples! Every time you touch a blemish, you're at risk of infection and interfering with its healing process says Dr. Hadley King, dermatologist at [SKINNEY Medspa](#). Instead, use a product with benzoyl peroxide, like this [treatment from La Roche-Posay](#) to help cure your acne troubles. This treatment in particular, also exfoliates your face to give it a smoother texture.

### 5. You're Skipping Out On Sunscreen

Even if it's cloudy or cold, you must always wear sunscreen, advises King. All incidental UV exposure adds up, which can lead to skin cancer, wrinkles, and other sun damage. If your reason for skipping sunscreen is because of laziness (because let's be honest, it's mine, too), King suggests going with this [SPF 45 tinted moisturizer](#). Not only do you cut down some time from your beauty routine, you also don't have that greasy sunscreen residue clogging your pores.

### 6. You're Letting Blackheads Sit

Acne comes in different forms, such as blackheads and blemishes. Usually blackheads are the cause of using a comedogenic product that's clogging your pores, says [Debra Jailman M.D., NYC-based dermatologist](#). For blackheads, she recommends using a retinol-based skincare product like this [Murad Time Release Acne Cleanser](#). It's a gentle cleanser with added antioxidants to restore your skin from free radicals.

## 7. You're Over-Exfoliating

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Some exfoliators may be too harsh for certain skin types. If your skin feels raw after exfoliating, you may want to use a gentler exfoliator like [Dermalogica Daily Microexfoliant](#). This product is fragrance-free and features ingredients like green tea and grapefruit to leave your skin feeling clean and smooth.

## 8. You're Relying Way Too Much On Your Cleanser Brush

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If you spend way too much time using your battery-powered cleanser, you're doing more harm than good. It strips away the natural oils in your skin and can lead to micro-irritation, says [Dr. Barry Resnik, MD](#), a Miami-based dermatologist and cosmetic surgeon. He suggests using a clay mask to absorb excess oil and remove blackheads. Try this [dead sea mud mask](#) made for a deep face cleaning to banish any acne-causing bacteria and boost your skin's elasticity.

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