

Expert tips for taming oily skin

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(HealthDay)—Oily skin isn't all bad. And there are a number of things you can do to control it, an expert says.

"There are many reasons for oily [skin](#), including stress, humidity, genetics and fluctuating hormones," said Dr. Deirdre Hooper, a dermatologist in New Orleans.

"These factors can make oily skin difficult to manage; however, there are several things you can do at home to reduce the oil," Hooper said in an American Academy of Dermatology news release.

Wash your face very morning and evening, and after exercise, she advised. Use a gentle, foaming face wash. Use [skin care products](#) that are labeled "oil-free" and "noncomedogenic," which means it may not clog pores. Don't use oil-based or alcohol-based cleansers, which can irritate your skin.

Don't forget to apply moisturizer daily, Hooper said. Choose one that also contains a broad-spectrum sunscreen with an SPF (sun-protection factor) of 30 or higher. Wear sunscreen when you're outdoors. Use sunscreens that contain zinc oxide and titanium dioxide, and don't use sunscreens that contain fragrance or oils.

If you wear makeup, use oil-free, water-based products. Always remove makeup before you go to sleep, Hooper stressed.

Use blotting papers throughout the day. Gently press the paper against your face and leave it on for a few seconds to absorb the oil. Don't rub the paper on your face, as this will spread the oil to other areas, Hooper said.

Try to avoid touching your face, she suggested. Doing so can spread dirt, oil and bacteria from your hands to your face. Be sure your hands are clean before cleansing, moisturizing or applying [sunscreen](#) or makeup to your face.

Remember, too, there are benefits to having oily skin: People with oily skin tend to have thicker skin and fewer wrinkles, Hooper explained.

More information: The U.S. National Institutes of Health offers [skin health tips](#).

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