

How to Double-Cleanse According to Your Skin Type

BY JANECA RACHO · MARCH 22, 2018



There was once a time when we all believed washing our faces with soap and water was all the cleansing our skin needed before we hit the sack and call it a night. Then [double cleansing](#) came along, and our bedtime routines were never the same again. Turns out our usual soap-and-water combo (and face wipes) isn't going to cut it if we want all that gunk and grime off our face after a full day at work (and extended happy hour).

"Double cleansing is a method of cleansing your face twice: First, with an oil-based cleanser and again with a water-based cleanser. It can help remove stubborn, pore-clogging and acne-causing impurities that can remain on the skin even after washing your face once," says board-certified dermatologist [David Lortscher, M.D.](#)

"The benefit of double cleansing is that the first cleanser will break down any makeup, remove dirt and excess oils from the day and clean your skin. The second cleanser will address your particular skin type or concern and should have ingredients to hydrate, smooth or exfoliate and treat acne. Doing both steps will assure that any treatment and moisturizing is not done in vain," adds New York-based dermatologist Craig Austin, founder of [Cane+Austin](#).

Why It's Important to Double-Cleanse According to Your Skin Type

Double cleansing may be a two-step technique that only adds a few minutes to your usual regimen, but as with most things in skin care, it's not a one-routine-fits-all. Considering every skin type and taking into account your specific skin concerns, choosing the right double cleansing duo is key in making sure you get the most out of your routine.

Using the best double cleansing products for your skin type also allows you to avoid over-washing and over-drying your skin. "If we strip too much of our natural oils, our body can respond by producing more oil that can lead to breakouts and irritation," explains board-certified dermatologist [Deanne Robinson, M.D.](#)

Tracy Evans, M.D., a California-based, board-certified dermatologist, echoes this and suggests double-cleansing only at night—when you actually have dirt and makeup to wash off—to make sure that you’re not altering the natural balance of oils and microbes on your skin.

With all the products on store shelves and beauty aisles, picking out your double cleansing dream team can be overwhelming—especially if you’re not sure what ingredients to look for or which cleanser is best for your skin type. So don’t just grab the first face wash and cleansing oil that you see. First, read the tips below to know which dynamic cleansing duo will give your skin that much-needed deep-cleaning and glow!

How to Double-Cleanse if You Have . . .

Sensitive or Acne-Prone Skin



Cleanser 2: Try [SkinCeuticals Clarifying Exfoliating Cleanser](#) or [Yon-Ka Lait Nettoyant Cleansing Milk](#)

A face cleanser with exfoliating agents—like [SkinCeuticals Clarifying Exfoliating Cleanser](#)—also works best for troubled skin, says Dr. Robinson, because it contains glycolic and salicylic acid that “help brighten skin, clear blemishes and unclog pores.”

Esthetician Enrique Ramirez of [Face to Face NYC](#) also recommends milk cleansers like [Yon-Ka Lait Nettoyant Cleansing Milk](#) for its gentle formula and pore-perfecting benefits. “This will make your skin feel soft and supple as it uses plant extracts and lactic acid to unclog pores and prevent acne,” he shares.