

# TRAVELERS TODAY

## How To Properly Moisturize Your Face

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(Photo : YouTube)  
How To Properly Moisturize Your Face

Finding the right way to moisturize your face can be a tricky task. You may not notice its effects while you're young, but regular and proper moisturization can be the difference between ageless skin and a stressed-out one.

### 1. Use a moisturizer based on your skin type.

The first mistake you can do in choosing a moisturizer is using one that doesn't fit your skin type. A New York City-based cosmetic dermatologist named [Dr. Paul Jarrod Frank](#) says "Most patients will say they have [sensitive skin](#)."

If you do not know what your skin type is, it's easier to determine than you think. Dr. Frank advises to just examine your skin by the end of the day. Check

your T-zone if it is dry, oily or somewhat normal.

Board-certified dermatologist [Dr. Ted Lain](#) says, "Those suffering from dry skin problems are prone to having slightly allergic skin, and such people shouldn't use conventional moisturizers because of the harm chemicals can have on the fragile surface. While using an oil-based moisturizing cream is terrible for [acne-prone skin](#)."

Here are some experts' guidelines according to your skin:

**For Normal Skin:** Put only a very thin layer of ointment at night. This will help protect you against the forces of nature.

### **3. SPF is important**

Dr. Frank advises, "There are two types of damaging sun rays: UVA, which are responsible for aging the skin; and UVB, which are responsible for burning it -- the SPF number on a bottle of sunscreen only gives a guide for how much UVB protection the product offers." Essentially, a sunscreen can double as a moisturizer as well, but if you want to put on both, apply the SPF first before putting on lotion or cream.

### **4. Be careful when trying out new moisturizers**

When you're first trying out a moisturizer and you don't know what's in it, it could lead to [unwanted breakouts](#). Dr. Frank says, "If you're trying out a new moisturizer, test it on your forearm first." Dr. Lain also recommends that you "give it two weeks before you decide." Best thing to do is read the ingredients first before you buy.

### **5. Moisturize after toning**

Dr. Frank says the best time to really apply moisturizer is after toning because "your skin is primed to receive the maximum benefits."

And if all else fails, consult your doctor.