

Beyond the Bathroom: 9 Simple Habits to Keep Your Skin Healthy and Clear

Now that you have a skin care regimen to care for your skin, follow these simple habits to keep it clear and healthy.

1. Wash immediately following a workout.

Exercise is great for your skin because it improves the muscle beneath it and blood circulation. If you don't shower after a workout, the sweat on your skin will clog your pores and create a breeding ground for bacteria. When your workout is complete, give yourself 10 minutes to cool down and stop sweating, then cleanse your skin in the shower.

2. Eat a balanced diet.

Your diet is an important part of continuous skin production. Without the right nutrients, your skin isn't able to replenish itself quickly. Cells that don't shed will block your oil glands and pores. A proper diet for skin includes lots of vitamins, healthy fats, and plenty of water. Limit how much alcohol, dairy, and sugar you consume.

3. Keep your hair out of your face.

Your hair is covered in oil and it collects dirt, grime, and other contaminants throughout the day. If your hair is long, cut it short or pull it back so that it doesn't brush against your face all day.

4. Wash your pillowcase every two or three days.

Your pillowcase collects all of the dirt, oil, and products that come in contact with your face everyday. It also collects dust and contaminants from the air over time. Wash your pillowcase regularly or lay a clean towel over it at night before you go to sleep.

5. Pat your skin dry.

Don't rub your face vigorously after a shower. The skin on your face is far more delicate than the skin anywhere else on your body. Instead of rubbing, gently pat your skin to dry it. Or just let it dry in the air.

6. Don't pop your pimples.

If you have a pimple on your face (of any type), resist the urge to pop it. Popping pimples can cause infections and scars. Allow the pimple to heal on its own.

7. Stop touching your face.

Your hands interact with the world more than any other body part. Even if you wash your hands regularly, they are still probably covered in substances you don't want on your face. Find something else to do with your hands.

8. Clean your phone.

Our phones are disgusting. We handle them all day and set them down on countless surfaces. But we never clean them! Use anti-bacterial wipes on your phone at least daily. When you talk on your phone, avoid pressing it against your face.

9. Improve the air quality of your home and work.

Avoid places with smoke, pollution, or recycled air. These can lead to the release of free radicals in your skin. Keep the air moist and change your filters.