

# How to Wash Your Face (Teens)

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It's important for everyone to wash their face but when you're a teen, your skin can be changeable and your sensitivity about your appearance higher than when you're a child or an adult. Clean skin is healthy skin, use products suitable for your skin and don't scrub too hard and you'll be doing a great job at washing your face.

## Things You'll Need

- ☐ Face wash
- ☐ Acne or blackhead medication (optional)
- ☐ Towel

## Steps



**1 Have your products to hand.** You should have a cleanser, toner, moisturizer, and a fresh towel. Use a mild facial soap if you prefer, skip the toner or use whatever your dermatologist or doctor has recommended. Flannels or face cloths are useful for washing your face, you can also use cotton wool pads.



**2 Rinse your face several times with warm water, don't use boiling water.** This does opens up all of your pores. Your cleansing agent will work better on the skin on your face if you have opened you pores.



**3 Apply your cleanser or soap as directed.** Make sure to apply the mild facial soap or cleanser to your whole face, avoiding the sensitive eye area.<sup>[1]</sup> Clean make up from your eyes with eye make up remover. If you don't wear make-up around your eyes or lashes, use a cotton pad or the corner of a face cloth dampened with warm water to wash around your eyes.



- 4 Rinse away all traces of soap or cleanser.** If you don't rinse off, the soap can actually cause skin problems. Unless directed, rinse directly off thoroughly.



- 5 Rinse again with cold water if desired.** Cold water helps to close the pores in skin and prevent dirt, make up and bacteria building up inside pores, which can cause black heads.



- 6** **Pat your face dry with a clean, soft towel.** Don't rub harshly with a rough cloth or scratchy paper towel. Apply toner if desired.



- 7** **If you have face cream, it's good to apply so your face stays moist.** Use one with a sun protection factor if you want to protect your skin from the sun.<sup>[2]</sup>



**8 Give any new products a fair trial.** If you buy a new soap or cleanser to deal with a particular problem, it won't work over night. Try using it for six weeks at least, unless it causes a bad reaction such as a rash or itching the first time you use it.



**9 If you can, have products for when your skin is in different conditions.** Using a product for dry skin when your face is a little oily isn't ideal, and, vice versa, so if possible have a choice, or something for combination or normal skin available when needed.



**Expert Q&A**



#### Question

### How often should I wash my face as a teenager?



**Paul Friedman, MD**

Board Certified Dermatologist, American Board of Dermatology  
Expert Answer

Try to wash your face at least twice a day. If you can only do it once, then wash at night to clean off any build-up from the day. When you wash, avoid scrubbing your face aggressively since it can damage your skin.

Helpful 3 Not Helpful 0

#### Question

### What should I wash my face with?



**Paul Friedman, MD**

Board Certified Dermatologist, American Board of Dermatology  
Expert Answer

Use a gentle facial cleanser so you don't damage your skin while you're washing your face.

Helpful 3 Not Helpful 1

#### Question

### What is the best cleanser?



Community Answer

For dry skin: Cetaphil Gentle Skin Cleanser; for normal or dull skin: Clean and Clear Morning Burst; for combination or oily: Cetaphil Daily Cleanse.

Helpful 12 Not Helpful 9

#### Question

### What is good way to wash my face without cleanser?



Community Answer

You can just use water, but using a cleanser is strongly recommended for a deep clean. I wash my face with water only at night to avoid drying out my skin, and use a cleanser in the mornings.

Helpful 12 Not Helpful 2

#### Question

### What should I use as a toner?



**Anoushaaa**

Community Answer

Personally, I like using organic rose water, as it smells great and visibly reduces the size of my pores.

Helpful 7 Not Helpful 1

#### Question

### When should we use the toner?



Community Answer

Use the toner twice daily, in morning and at night. Use this with your normal skincare routine

Helpful 2 Not Helpful 2

#### Question

### Can I use a bar soap?



Ayisha A. Gill  
Community Answer

Yes, you can use bar soap as long as it's suitable for the face. Try using a moisturizing bar soap. Don't use bar soaps containing alcohol, as they tend to dry out your skin.

Helpful 4 Not Helpful 0

#### Question

### What happens if you don't use warm water at the beginning?



Community Answer

Nothing bad will actually happen, but warm water is recommended. If you continuously use hot water, it will take away your natural oils, making your face dry. If you use cold water often, the coldness closes your pores, making it hard to clean your face thoroughly.

Helpful 2 Not Helpful 1



### Tips

- Wash your face after any physical activity, as well. Sweat and dirt cause pimples and blackheads.
- Washing your face to remove any make up or dirt at night keeps it healthy.
- Seek help from a doctor if your skin is very oily, very dry or very prone to blemishes. They can recommend treatment or refer you to a dermatologist.
- If you have long hair, it helps to tie it back before you start. That way it doesn't get wet or soapy.
- Never go to bed with makeup on.



### Warnings

- If you have a serious problem with your acne or pimples, seek medical help. Doctors can offer special medications that can help out.
- Follow instructions on the package. Don't use more wash or medication than instructed to avoid problems.
- Always, unless otherwise instructed, wash off the face wash and medication. If left on, it can cause problems.

## References

1. ↑ Paul Friedman, MD. Board Certified Dermatologist, American Board of Dermatology. Expert Interview. 8 April 2020.
2. ↑ Paul Friedman, MD. Board Certified Dermatologist, American Board of Dermatology. Expert Interview. 8 April 2020.

## About This Article



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This article was co-authored by **Paul Friedman, MD**. Dr. Paul Friedman is a board certified Dermatologist specializing in laser and dermatologic surgery and cosmetic dermatology. Dr. Friedman is the Director of the Dermatology & Laser Surgery Center of Houston, Texas and practices at the Laser & Skin Surgery Center of New York. Dr. Friedman is a clinical assistant professor at the University of Texas Medical School, Department of Dermatology, and a clinical assistant professor of dermatology at the Weill Cornell Medical College, Houston Methodist Hospital. Dr. Friedman completed his dermatology residency at the New York University School of Medicine, where he served as chief resident and was twice awarded the prestigious Husik Prize for his research in dermatologic surgery. Dr. Friedman completed a fellowship at the Laser & Skin Surgery Center of New York and was the recipient of the Young Investigator's Writing Competition Award of the American Society for Dermatologic Surgery. Recognized as a leading physician in the field, Dr. Friedman has been involved in the development of new laser systems and therapeutic techniques. This article has been viewed 64,330 times.

★★★★★  
3 votes - 100%

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