

WHO WHAT WEAR

The Absolute Worst Fabrics for Your Skin, According to Science

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PHOTO: Sinda Semburg

Not to get too biology class on you, but as you know, the skin is by far the body's largest organ. So it goes without saying that protecting it and treating it well is of the utmost importance, which is exactly why we should be thinking about what it comes in contact with every day—like our clothing.

While it's admittedly tricky to avoid every fabric that science deems bad your skin, informing yourself on the dangers of certain textiles can lead to wiser decisions about how often you choose to purchase and wear harmful fabrics. There's something to be said for the "ignorance is bliss" mindset, but when it comes to small sartorial tweaks that could greatly improve the health of your skin and body, knowledge is the way to go.

To make it easy for you, we did the dirty work and dug through the depths of the internet to provide you with the skin-saving information you need. Keep scrolling to see find out the worst fabrics for your skin, and shop stylish pieces made of fabrics that are, alternatively, *good* for your precious skin.

Vintage Clothing

The reason that vintage clothing can be harmful to skin is simple. According to **Dr. Ava Shamban of Everyday Health**, "Old fabrics and furs that have not been cleaned properly or not been stored in a dust-free garment bag can harbor years' worth of dust and dander that can really raise a rash." Do yourself a favor, and get your newly acquired vintage piece thoroughly cleaned before wearing.

<http://www.whowhatwear.com/worst-fabrics-for-skin/slide7>