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### 11 Common Beauty Products Dermatologists Wish You'd Stop Using & What They Want You To Do Instead

By: Carina Wolff – March 13, 2017

There are so many beauty products on the market that it can be hard to tell which are actually good and which are a waste of money — or worse, bad for your skin. There are a number of common beauty products dermatologists wish you would stop using, even if you read about them all over the internet or hear about how amazing they are from your friends. There's always a better option out there, and you might be surprised to find that once you make the switch, your skin will feel better than ever.

"So many women end up using bad products because they go to different beauty counters, beauty stores, spas, salons, and drug stores, and everyone tells them about the 'must-have' products," says dermatologist Dr. Nazanin Saedi over email. "Women often think that having complex beauty regimes and using a lot of products is best, but that is not the case. I ask my patients to bring in their products and we end up putting most of the products they're using away."

To make sure you're not wasting your money, and more importantly, you're not harming your skin, consider ditching these 11 common beauty products and switching to their alternatives instead.

Products With Vitamin C & Retinol That Get  
Exposed To Light



SOURCE: Pixabay

Some products claim to have vitamin C or retinol in them, but if they're exposed to light after they have been opened, then you're wasting your money. "Exposure to light render the products to be worthless, as they oxidize rapidly," says dermatologist **Dr. Ava Shamban** over email. "Get opaque tubes that seal tightly against air."

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