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How to Know When It's Time to Break Up With Your Moisturizer

By Heather Cichowski | April 9, 2018



6 Signs Your Moisturizer Isn't Right for You Irritation

Irritated skin is a dead giveaway that a moisturizer isn't working for you, says celebrity dermatologist Dr. Harold Lancer. This is referred to as allergic contact dermatitis, resulting in dry, itchy, rough and red skin, says Dr. Vermen M. Verallo-Rowell, founder of VMV Hypoallergenics. It could be triggered by ingredients like preservatives, fragrance, colorants or active components, such as acids. If you experience a negative reaction, stop using the product immediately and don't use any new creams until skin is back to normal.

Breakouts

If a moisturizer is causing skin to erupt, it's a sure sign it's the wrong one. Moisturizers that are too rich can clog pores, says Dr. Karyn Grossman, celebrity dermatologist and Karyng skin care line founder. "There are several anti-aging superfatted creams on the market that are some of the biggest causes of acne in women in their 20s who think that they are ready for these products," she explains. Grossman instructs her patients to give the creams to their moms and try a lightweight moisturizer instead. We like Philosophy Clear Days Ahead Oil-Free Salicylic

Acid Acne Treatment & Moisturizer, \$39, because it's an oil-free moisturizer and acne treatment in one.

Milia

Pimples aren't the only thing that can pop up with a bad moisturizer. Grossman says that milia can develop, which are small whitish bumps that are formed when keratin becomes trapped beneath the skin's surface.

Tight, Dry Skin

Another key thing to consider is the feel of skin. Dr. **Ava Shamban**, Beverly Hills dermatologist and founder of SkinxFive, says that if skin feels tight or so dry that it feels like it's cracking, it's time to switch moisturizers. Verallo-Rowell adds that a heavier, oil-based product might be in order. We're fans of Lancer Omega Hydrating Oil, \$75.

Greasy Skin

Conversely, if skin feels like an oil slick, it points towards a bad moisturizer. Grossman says that skin should feel soft and moisturized but not greasy. Those with oily skin can look for lightweight gel formulas such as Clinique Dramatically Different Moisturizing Gel, \$27.

Poor Staying Power

If you need to apply more product 10 minutes after moisturizing, Lancer says this indicates a poor formula.

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