

# Health

## The Best Face Wash for Combination Skin

By Kathleen Felton | January 10, 2019



A facial cleanser that won't dry out your cheeks or exacerbate your oily T-zone? It does exist: These dermatologist-approved face washes are just right for combination skin.

Have combination skin? Then you know how difficult it is to find products that walk the impossibly fine line of not stripping moisture from drier parts of your face, while simultaneously balancing sebum on oilier areas. Most skincare products are formulated with either oily or dry skin in mind—so identifying the ones that will work for your specific skin type is seriously tricky.

It may *seem* like the most basic part of your routine, but not all face washes work for combination skin. "We don't want to overly dry out the dry areas with an oil-stripping cleanser, and we don't want to exacerbate the oil problem which already exists in the T-zone," explains [Anna Guanche, MD](#), a dermatologist and celebrity beauty expert based in Calabasas, California.

For this reason, experts recommend a mild, balancing cleanser that doesn't have overly harsh ingredients. A few on the off-limits list? Salicylic acid, alcohol, and benzoyl peroxide. These ingredients "may really dry out your skin," says New York City-based dermatologist Debra Jaliman, MD.

Instead, choose one of these gentle formulas that will calm your combination skin without drying it out or adding on too-heavy moisturizers. Perfect balance, achieved.

1

La Roche-Posay Effaclar Purifying Foaming Gel Cleanser



Amazon.com

"This is formulated for oily or combination skin," says Dr. Guanche. "It has no alcohol, no oil, and works well to remove makeup without irritating." More than 600 five-star reviews don't hurt either.

*available at amazon.com \$15*

3

Cetaphil Gentle Skin Cleanser



Amazon.com

Cetaphil is always a good idea. "This has a cult following and effectively cleanses without stripping natural oils," says Dr. Guanche.

*available at amazon.com \$16*

5

iS Clinical Cleansing Complex



Dermstore.com

Combination skin that's also acne-prone? Reach for this luxurious face wash. "This will cleanse the skin and won't leave it feeling tight, red, or dry," says Dr. Guanche. "Instead, it controls acne breakouts and effectively removes makeup."

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