

Common Beauty Blunders

Written by Lindsey Clinkingbeard



Ever feel like your beauty products aren't doing the absolute best they could? Thanks to UltraLuxe Beauty Director Sarah Dakar, AFM reviews the most common beauty blunders we come across in our day-to-day routines.

Problem: Tap water is too harsh on your skin.

Around 85 percent of tap water in the United States is "hard water," meaning it's filled with metals that naturally enter our water supply as rain percolates through our rock or soil material and thus dissolving minute quantities into the water. This harsh water encourages collagen breakdown in the skin, leading to fine wrinkles and also preventing the skin from getting clean.

Solution: Use mineral-free distilled water to wash your face, or install a water purifier system to your bathroom faucet. This will help keep the harsh metals from coming in contact with your skin.

Problem: Excessive exfoliation.

Some people tend to over-exfoliate their skin when they wash their face, causing microscopic nicks, scratches and tears in the skin, which gives bacteria a place to grow.

Solution: Use a gentle exfoliate, such as *UltraLuxe Enzyme Peeling Cream*, which features pumpkin enzymes and cardamom extract that help to delicately eliminate black heads, dead skin and excess oil that clogs pores.



Problem: Using a foam wash.

A foamy wash can commonly leave behind a residue that causes irritation or breakouts.

Solution: When searching for a face wash, make sure that the product is labeled "sulfate-free" and "paraben-free" because these chemicals can easily dry out and damage your skin from a wash that you may think is helping, but is really causing more harm. *UltraLuxe Nourishing Wash* is the ideal daily cleaner: it's antioxidant rich and a soap-free formula, which is perfect for removing makeup, excess surface oil, and will leave skin feeling fresh and glowing.



Problem: Dirty accessories that touch your face.

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Common items, like our cell phones or sunglasses, can touch our face an estimated 5,500 times per day. These accessories, especially during the hot Arizona summer, can carry a ton of bacteria that clog pores.

Solution: In order to reduce the risk of future breakouts, wash hands and be sure to sanitize these accessories at least twice a week. Finding a protective screening for your phone that's easy to clean will only add convenience for both you and your skin!

Problem: Believing that oil is the enemy.

Some people think that oil on your skin is the worst, but that is not the case. Just like with hair, natural oil is essential to healthy skin because it balances out moisture and actually protects the skin. If you strip your skin of all the natural oils, your glands will go into panic mode and create an over-production of oil that can lead to blemishes and pre-mature aging.

Solution: Often referred to as "Liquid Gold," *UltraLuxe Omega-3 Repair Complex* features flaxseed oil that replaces lost hydration by duplicating the skin's natural moisture. It is available in four different formulations to address multiple skin issues. It won't give your skin a heavy feeling, but it will feel healed.

