

How to Find the Right Face Wash for Your Skin Type

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Finding the ideal face wash for your specific skin type can be like searching for a needle in a haystack. With so many formula options to choose from, it's easy to feel overwhelmed (and confused), especially if you don't fully understand what kind of complexion you have. We tapped dermatologist **Gary Goldenberg** of New York City-based Goldenberg Dermatology to help us find the perfect product to cure your facial woes. You're welcome!

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for Your Skin Type

**Most of the time,
my skin feels:**

- a* Thirsty. It's drier than the Sahara desert.
- b* Greasy. No amount of finishing powder can dull my shine.
- c* Dry and oily. I'm so lucky to have the best (er, worst) of both worlds.
- d* Under control. It's not overly dry, but definitely not oily, either.
- e* Irritated. Let's just say I always know when my skin is angry.



My must-have skincare product is:

a

An essence for an extra dose of hydration.

b

Blotting paper to control all that oil.



c

A soothing hydrator to chill my skin out.






d


A balancing mist that tones and keeps my skin looking right.

e

A calming, natural moisturizer that won't make my skin freak.




My skin looks its best when:



a I serve it as much moisture as it can drink up.


b I tone down shine with mattifying products.



c I take a targeted approach to different areas of my face.


d I stick to a consistent routine.

e I use no-frills products without fragrance and unnecessary chemicals.





My #1 skin goal is:

- a* Plump, dewy, and supple skin that never feels tight.
 - b* Matte skin that doesn't need mid-day touchups to banish shine.
 - c* No dry patches and no slick, oily areas — just an even complexion.
 - d* Predictable skin that can handle me trying the latest products.
 - e* Calm, smooth skin without any flare-ups.
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Mostly *a*'s



If you answered mostly A's, you have dry skin that needs serious moisture. "Those of us with dry skin should look for products that repair the skin barrier and contain ceramides and humectants," Goldenberg says. "**Cetaphil Gentle Skin Cleanser** is effective, inexpensive, and widely available."

Mostly B's



If you answered mostly B's, you have oily skin that needs mattification. "Your main goal is to dry the skin of excess oil, so look for products with benzoyl peroxide, salicylic, or glycolic acid," he recommends. "**La Roche-Posay Effaclar Duo** is a great option for your skin because it contains benzoyl peroxide and is a mid-range price point."

Mostly C's



If you answered mostly C's, you have combination skin that needs both hydration and oil control. "It's important for you to find a product with good cleansing ingredients as well as natural oils to soothe dry skin," says Goldenberg. "**Natura Bissé Diamond White Rich Luxury Cleanse** contains pomegranate extract which helps cleanse and tone, while vitamin E moisturizes."

Mostly *d*'s



If you answered mostly D's, you have normal skin that needs a tried-and-true regimen. "Stay fragrance-free, and look for products with humectants to moisturize and natural oils to cleanse the skin," he recommends. "Balanced efficacy is key, so try **Kensington Apothecary Rose Oil Cleanser** because it has old world craftsmanship that contains rose otto, which is rose essential oil."

Mostly e's



If you answered mostly E's, you have sensitive skin that needs gentle, non-irritating products. "Avoid products with alcohol in high concentration, sulfates, and fragrance," Goldenberg advises. "Try **Vanicream Gentle Facial Cleanser for Sensitive Skin** because it has minimal ingredients and lacks common irritants."