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Change-Your-Life Beauty Tip: Are You Washing Your Face Correctly? Bet You're Missing This Key Step

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by **Beth Shapouri**

Washing your face is totally easy and everyone does it correctly, right? Well, wrong. Seeing as National Healthy **Skin** Month starts today, it's time to talk about this major face-washing no-no, according to **dermatologist Dr. Susan Stuart**.



One of the biggest mistakes people make? Not washing their hands first, says Dr. Stuart. "You don't want all of the grease, grime, and germs from your hands on your face, do you?"

Good point, and an easy thing to forget, since there's already soap involved and all. But getting all the bacteria off your hands first could help keep your pores clear, and who doesn't like the sound of that?

Smart, right? Were you making this mistake?