

How Often Should I use Cleansers?

Cleansers, soaps, and shampoos – the very essentials we use, whether once or twice daily. We have become reliant on these products to help treat issues we are dealing with in terms of hair and skin. But are we using them enough on our day-to-day basis?

The truth is, no matter how well you clean your skin, you need to give it a little bit of a break when it comes to using skincare products. All cleansers/soaps/shampoos, whether chemical or herbal/natural based, impose harmful effects on our skin. You've probably heard it plenty of times that chemical cleansers have the potential to be worse than natural ones and so we should ultimately avoid them when in reality, there isn't much of a difference on how both can affect the skin.

It is recommended not to overuse cleansers/soaps/shampoos due to the fact that they strip away our skin's natural oils. It will further aggravate the skin in the long term, and we are left to deal with the side effects that come with it (i.e. acne, blackheads, rosacea, hair thinning, dandruff).

Here are some important tips to remember about the use of cleansers:

1. Only ever use cleansers/soaps/shampoos when necessary, and only if warm water isn't enough to clean.
2. Oil is not the sign of dirt on the skin. Dirt has 3 major signs, which include bad smell, makeup/cosmetics, and actual visible dirt.
3. Herbal/natural cleansers tend to be much stronger than chemical cleansers, so it is advised they are used less often than regular cleansers.
4. All cleansers - regardless if it is chemical or natural-based, or even Ungex cleanser - can be harmful if overused.
5. The role of a cleanser/soap/shampoo is to merely clean dirt deep within and the only one that is harmless for our skin is pure plain water.
6. We cannot say how often cleansers must be used, but it is advised to use it as little as possible – only when absolutely necessary. Washing your face with water does so much and cleansers should only be used for dirt trapped under the surface of the skin.
7. All cleansers/soaps/shampoos, including Ungex products, might be harmful to the skin if over-used.
8. Cleansers should only be used often on areas of the body that are constantly exposed to dirt (i.e. hands, feet). Using cleansers/soaps/shampoos on other parts of your body really depends on how you maintain your cleanliness and hygiene – just be sure to wash it off when the dirt is visible.