



<http://www.teenvogue.com/beauty/blogs/beauty/2007/08/basic-instinct.html>

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Basic instinct

Which came first, face wash or the dirty face? Hmm... a similarly existential question was recently posed by Sk8rgirl6261... She asked, "When I wash my face I always put moisturizer on right after, will this just re-clog my pores? in which case there was no point in me washing my face?" To answer this question, I turned to **Dr. David Bank, MD, the founder and director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, NY.** His response: "Good question! The answer lies in picking an appropriate moisturizer for your face. If you're spot-prone as many teens are, use an oil-free moisturizer on your face to prevent clogged pores, which lead to acne. Oil free moisturizers will moisturize your skin but will not block your pores."

Courtesy of FGPR