



REFINERY29

Oily Skin: Not Quite As Evil As We All Thought

Staging An Intervention

Regular face-washing with purifying cleansers and stocking up on oil-free formulas is a no-brainer solution. Adequately purging pores requires a more comprehensive approach, which is why exfoliation is vital.

And pay attention to active ingredients, says Edyta Jarosz, aesthetician at [Fifth Avenue Dermatology Surgery & Laser Center](#). She likes products with salicylic acid for the ingredients' ability "to reduce oil production, while also gently exfoliating and cleaning pores." Other ingredients that address oil are sulfur and benzoyl peroxide. But Dr. Schweiger cautions against going full-tilt and throwing all these active ingredients on your face in one go. "Overuse will irritate and dry out skin," he explains.

Garnier SkinActive Clean+ Shine Control Cleansing Gel, \$5.99, available at [Target](#).

