**10 Effective Skincare Routines for Oily Skin**

A lot of people have oily skin and that’s not bad per se. It only becomes a cause for concern when the body produces excesses oil so much so that it interferes with your beauty and cleanliness. You already know how challenging it is to deal with that shiny face and clogged pores. You need effective skincare care routines to win the oily skin war.

 Frankly though, oily skin has some benefits depending on the cause. While some people inherit oily skin, others experience it due to stress, diet, age, use of the wrong skincare products, climate, time of the day and hormones. When oily skin occurs because of hormones and genetics, you have no control over those elements. However, there are some simple oily skincare routines and products you can use to reduce the quantity of oil on your skin.

Whatever the cause of your oily skin, thankfully there are some effective skincare routines that you can follow to control oily skin irrespective of the cause.

1. **Always cleanse your face twice daily.** Use quality, mild soap and face cleanser to clean your face after the day’s activities and early in the morning after waking up. This practice helps get rid of clogs, excess oil and dirt. It also helps in opening up the pores, leaving your skin clean and clear. Also remember to cleanse the face after exercise to rid it of sweat, oil and dirt that may accumulate following the exercise. It is important that you do not scrub your face to avoid irritating the skin.

Use foaming soaps or facial cleansers that have the capacity to remove the extra oil rather than the lotion or creamy types.

1. **Exfoliate your skin twice a week**. This skincare routine is a great way to remove dead skin, excess oil, and avoid the clogging of pores and enlarged pores which can result in acne and breakouts. The result is a healthy, smooth and glowing skin.

 Find the right exfoliants that will soothe and smooth your skin, especially those that are oil free. We advise you get exfoliating skincare products that contain salicylic acid

1. **Moisturize your skin**. There is a myth that when you apply moisturizers to the face, it increases the oil on the already oily skin. Well, it is what it is, just myths. Moisturize your skin to keep it hydrated so that the skin will not have to overcompensate for the dryness by producing more oil. Moisturizers also help soften the skin. Look out for moisturizers with niacinmide to help normalize oil production. Better still; go for gel moisturizers as they are more suitable for oily skin.
2. **Use only skincare products suitable for oily skin**. Imagine you trying to reduce oily skin but due to ignorance or oversight, you buy cosmetics and skincare products for dry skin. That will be counterproductive. Buy only oily skincare products that are oil free and noncomedogenic, especially when the products are leave-in. Moisturizers, cosmetics and cleansers with these labels will cause little or no clogs on your skin pores. If possible, go for water-based skincare products. They do not have much weight and so leaves no deposits on the skin and often come in gel forms.
3. **Wear sunscreen whenever you are going out in the sun**. No skin type should be out in the sun without applying SPF but with an oily skin, it is a big NO-NO. Want to avoid skin damage, age spots, wrinkles and skin cancer? Never go out without sunscreen on your skin. Some sunscreens are not great for oily skin though, so steer away from those ones that contain fragrance and oils. Rather, buy sunscreens with titanium dioxide and zinc oxide. These will ensure that there are no breakouts or acne.
4. **Use organic products as effective skincare for oily skin.** You can use natural oily skincare products such as honey, jojoba oil, aloe vera, oatmeal, tomatoes, healing clay and the likes to take care of your oily skin. You can use them as face masks or scrubs as most of them help absorb oil on the skin and unclog the pores.
5. **Use astringents.** Good astringents come in handy when you want a deep and thorough facial cleansing. They work well at removing any dirt, oil or make up remaining after your usual facial cleansing. In addition, astringents can also help tighten skin pores.

The witch hazel plant is a good astringent as well as citric acid, alcohol and salicylic acid. Use your astringents after cleaning your skin with soap or cleansers.

1. **Avoid touching your face regularly**. That’s a hard one for some people, especially those with blackheads and acne. Touching your face regularly is not a good habit as it guarantees the spread of germs, oil and dirt from your hands to your face and from one part of the face to the other. Even when you want to cleanse your face or apply skincare products on your face, make sure that your hands are clean. If you are not applying any product on your face, then your hands have no business on your face.
2. **Use blotting papers**. Blotting papers are especially useful for oily skin caused by genetics or hormones. You can use them to reduce the shiny face by gently pressing the paper on your face for a minute or less. It will absorb some of the oil and give you a temporary relief from the excess oil.
3. **Eat healthy**. Healthy eating and drinking lots of water are good skincare practice. Limit the consumption of foods that contain high amount of sugar, processed foods and of course, fried foods. Your skin will thank you for eating healthy. Water of course nourishes and hydrates your skin.

There, we have provided you with some useful skincare routines to help you control oily skin. However, you need to personally put in the work and be committed to achieve your desired goal of having a healthy, beautiful, smooth and radiant skin.

Consistency is the key. You may not see visible results overnight but be patient, keep at it. If you react to any of the skincare routines, quit immediately and if possible, consult your dermatologist. And if all fails, also consult your dermatologist.