

# Face-washing Modifications

Puberty can cause skin to be more greasy making acne more common. Try these modifications if regular face washing is a challenge.



## Face Wipes

Wipe face after sweating, before bed, and/or in the morning.  
-Avoid irritation with facial specific and fragrance-free wipes.



## Oil Blotting Sheets

To avoid any moisture on face use oil blotting sheets to remove grease and sweat from face.  
-A dry cotton ball/swab also works!



## Toner + Wipe

Use a mild toner or micellar water and tissue or cotton swab to wipe grease, dirt and sweat from face.



## Headband & Arm Cuffs

Headbands and arm cuffs made of terry cloth prevent wet hair and water dripping down arms.