



Cleaning Out Your Cosmetics

• QUICK GUIDE •

10 Tips to Keep Skin Healthy & Make Your Products Last Longer

- Wash and dry your hands thoroughly before putting your fingers into a product.
- Avoid reinfection. Stop using all eye makeup if you have an eye infection and lip products if you have a cold sore. Exceptions: lipsticks, lipliners, and eye pencils, which can be shaved clean with a knife or sharpener. (cleaning with a tissue won't suffice.)
- Don't share makeup. You may be sharing an infection.
- Keep applicators and containers clean.
- Tightly screw on caps to prevent products from drying out.
- If any of your beauty products develop an unusual odor, color, or texture, they may contain bacteria and should be discarded.
- Choose a cotton-tipped swab or disposable sponge to apply makeup to a pimple – and avoid double-dipping. Going back and forth from the product to the affected area with your finger or a sponge can lead to contamination.
- Store properly. As mentioned, heat can cause preservatives to break down, promoting the growth of bacteria and fungi.
- Never add any liquids to products unless directed by the manufacturer.
- To avoid confusion, use a waterproof marker to mark your beauty products with purchase and first use dates.

Chuck-It Calendar

- Every season: Toss your mascara and liquid liners
- Every six months: Toss your skin-care regimen, sunscreens, cream eye shadows and liquid face makeup
- Every year: Toss your hair products (except hairspray)
- Every two years: Toss your powder-based cosmetics (such as pressed powder and shadows), pencil eyeliners, lipsticks, lipliners, and nail polishes