

## A Laundry Recipe for Clear Skin

# Laundry List



### USE FRAGRANCE FREE DETERGENT

Fragrance irritates sensitive skin and skin prone to acne. There are fragrance-free detergent sections in the laundry aisle. Choose Tide Free, All Free, Cheer Free or any other fragrance-free detergent to wash all clothing and linens for bed and bath. If you suffer from moderate to severe acne, choose a detergent the DOES NOT contain sodium lauryl sulfate or sodium laureth sulfate. We recommend **Nellies Laundry Soda** or **My Green Fills Laundry Wash**.



### ELIMINATE FABRIC SOFTENER

Similar to fragrance, fabric softener is irritating to sensitive skin and acne-prone skin. Fabric softener coats linens and clothing in chemicals that aggravate acne. It's detrimental to getting clear.



### ELIMINATE DRYER SHEETS

#### Use Wool Balls Instead

Dryer sheets are coated in a waxy substance that coats your pillow cases, sheets, towels and clothing in the same waxy substance. When sleeping, the waxing substance sticks to the skin and clogs the pores. Additionally, when you have body acne, the waxy substance covers your clothing which clogs the pores of your body.



Use wool balls instead of dryer sheets to eliminate static. Wool balls can be purchased at Bed, Bath & Beyond and **Amazon**, as well as other retail locations.



### FLIP YOUR PILLOWCASE

#### Every Other Night

Use a freshly laundered pillow case every other night. The first night, you sleep on a clean pillow case. The next night, you flip the pillow case to sleep on the other side (also clean), and the next night, you simply start with a fresh, clean case.



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