女生愛保養，現在連男生也開始注重起保養了，因此都大手筆投資在保養品上，動輒 5、6 千、甚至上萬元的保養品，買下去都不手軟。但其實不少皮膚專家都建議，保養最重要的是「清潔洗臉」，因為清潔沒做好，再貴的保養品，塗上去都沒用。

Girls like body care, now spread to boys start to pay attention on body care. There is amount of consumption on care products, at least 5-6 thousand dollars, even over tens of thousand dollars of care products, consumers do not really care about money. However, there are many suggestions from skin experts that the most important part of body care is face cleansing. Because if you do not do well on cleaning, it is still useless even you use the expensive care products.

因此好好洗臉清潔，才是最重要的保養品，過去不少人洗臉，都會有些錯誤習慣，難怪讓臉，連清潔都沒做好，快來看看這些錯誤示範。

Therefore, the most important care product is face cleansing well, but still many people have bad habit when they are cleaning face. Let us see these bad demonstrations:

不能用熱水和冷水，交替洗臉
@ Do not wash your face alternatively with hot and cold water.

不少人害怕洗臉時水溫的控制會傷害肌膚，甚至將冷、熱水交替洗臉，據說可以反覆的刺激毛孔達到收縮效果。但其實用熱水洗臉，很容易燙傷皮膚表層，導致毛細血管迅速擴張。

再用冷水洗臉，加重對於皮膚的刺激度，這樣長時間下來，反而會造成肌膚敏感及泛紅的狀況。

Many people are afraid that control of water temperature will hurt skin when washing face, even wash face alternatively with hot and cold water, said it can stimulate skin repetitively to achieve contraction effect. However, it is really harmful on skin surface that get burned easily when washing face with hot water, causing rapid expansion of capillaries. Then washing face with cold water which aggravate simulation on skin. But it will cause skin to be sensitive and reddened for a long time.

洗面乳不起泡，直接塗抹在臉上
@ Put facial cleanser on face directly without foaming.

總有些偷懶的人，把洗面乳擠在手上後，直接在臉上搓出泡沫，這樣不但清潔不乾淨，還會增加皮膚的刺激，這樣的作法更傷害皮膚。

正確的做法，應該把洗面乳先擠在手心或起泡球上，搓出細膩泡沫，再上臉清洗。

Some people are too lazy that after squeezing cleanser on hands and then using it on face directly to generate foam. But this way of cleaning is not only unclean but also increase skin irritation and even hurts skin more.

The right way should be squeezing facial cleanser on hands to generate smooth foam and then use it on face to clean.

肌膚屬性，與水溫清潔有很大的關係
@ The skin attribute is relative to the water temperature of cleaning

「油性皮膚」37 度至 40 度

油膩膩的膚質在夏季，特別旺盛，若想要減少油膩感，較高的水溫，有助於擴張毛孔，而達到溶解油脂的效果。但請注意，水溫不能過高；過高的水溫會導致正常的皮脂膜功能遭受到破壞，使得皮膚更乾燥更刺激，反而讓臉越洗越油膩。

「oily skin」37 to 40 degree

The greasy skin is strong oily in summer. If you want to reduce greasy feeling of face, the warmer water is good for pore expansion and comes with the effect of dissolving grease. But please be careful that water temperature can not be too high, it will cause the function of normal sebum membranes to be destroyed which makes skin drier and more irritating. Instead, the more times you wash face, the greasier you feel.

「乾性肌膚」10 度至 20 度

乾性肌膚的人油脂分泌較少，相對需要更多對於皮脂膜的保護。若用過熱或不對的水溫，反而會導致肌膚乾燥脫皮，所以建議可以用冷水。冬天冷水難上臉的話，也千萬不要用高於體溫的水來洗喔。

「dry skin」10 to 20 degree

People with dry skin have less oil secretion and need more protection for sebum membranes. If use too hot or wrong water temperature, it will lead to dry skin and peeling. The better way is use cold water, maybe cold water is too cold to wash in winter, but please remember do not wash with water above body temperature.

「敏感性肌膚」36 度至 37 度

敏感性肌膚適合的溫度，大家通常很難想像，怎樣的水溫才不會造成更刺激敏感。建議水溫與人體體溫差不多的溫度即可，不要用過低的水溫或過熱的水，都會增加對於敏感肌膚的傷害。

「sensitive skin」36 to 37 degree

Usually people are hard to image what kind of water temperature is suitable to sensitive skin and won't cause more irritating sensitivity. It suggests that water temperature is about the same as body temperature, do not use too cold or hot water which will increase damage on sensitive skin.

不能用毛巾洗臉
@ Can not wash face with a towel.

不建議用毛巾洗臉，因為每個人對於毛巾洗在臉上的掌握度，還沒有那麼正確，別輕易嘗試。若真的想要毛巾洗臉，可以選用專用的「洗臉巾」，或材質較為細緻的毛巾來使用；若選擇材質不佳的洗臉巾，反而會讓臉部肌膚過度刺激摩擦，導致敏感。還要特別注意毛巾的清潔及衛生，你若是個愛偷懶的人，使用毛巾時要注意細菌滋生啊。

It is not recommended to wash face with a towel because not everyone knows how strength using a towel on face is correct. Do not try it easily. If you really want to wash face with a towel, a special "washing towel" or finer material towel can be used. If you choose a towel with poor quality, it will cause excessive irritation and friction on the face and caused sensitivity. Also pay attention to cleaning and hygiene of towel, if you are a lazy person, be caution about the growth of bacteria when using towels.

1.用適當的水溫清潔

先用對應肌膚的水溫清潔臉部，才不會讓皮膚的天然保護層被破壞了。

1. Clean with adequate water temperature.

First clean the face with the water temperature corresponding to the skin, so that the natural protective layer of the skin will not be destroyed.

2.熱毛巾敷臉

洗臉前先將雙手清潔乾淨，不趕時間的話，建議可以先用熱毛巾敷在臉上 1 至 2 分鐘，讓毛孔完全舒展開來，讓臉上過多的皮脂與污垢夠容易脫落。

2. Apply face with warm towel.

Clean hands before washing face, if it is not rush, it is recommended to apply warm towel on face 1 to 2 minutes to let the pores be completely stretched open, and this will make the excess sebum and dirt on the face fall off easily.

3.洗面乳完整的起泡

無論用什麼樣的洗面乳，量都不要太多，10 元硬幣大小即可。切記，一定要在手上充分的起泡後再使用。不然會很容易引起閉鎖性粉刺的問題喔！

3. **Foam the facial cleanser completely.**

No matter what kind of facial cleanser, do not use too much, the quantity around ten-dollar coin is OK. Remember! Have to be foamed on hands adequate, otherwise it is easy to cause the problem of closed comedos.

4.輕柔按摩洗臉

把泡沫塗抹在臉上後，輕輕的打圓按摩，不用太大力摩擦臉部，反而導致細紋的產生。之後再用適當的水溫清潔，最後再用冷水稍微潑灑在臉部，作為最後洗臉的收尾動作，可以促進毛孔的收縮，讓肌膚變得有彈性。

4. Massage when cleansing gently.

Gently round massage when put foam on face, do not rub face too hard because it will cause the appearance of wrinkle. Next to cleanse with the adequate water temperature and then splash cold water on the face as the final finished move. This can make the pores contracted and the skin more elastic.

5.檢查髮際線是否有洗到與清潔

很多人會發現，自己在髮際線、臉頰邊容易長痘痘，其實是因為忽略這些部位的洗臉清潔。記得洗完臉要檢查，髮際線周圍是否還有殘留的洗面乳。

5. Check if the hairline is washed and cleaned.

Many people can notice that it is easy to have pimples on the hairline and cheek side. In fact, it is because of the neglect of these parts of face cleaning. That is why it is important to check if any residual facial cleanser left around the hairline after washing face.