

5 harmful mistakes we often make when bathing

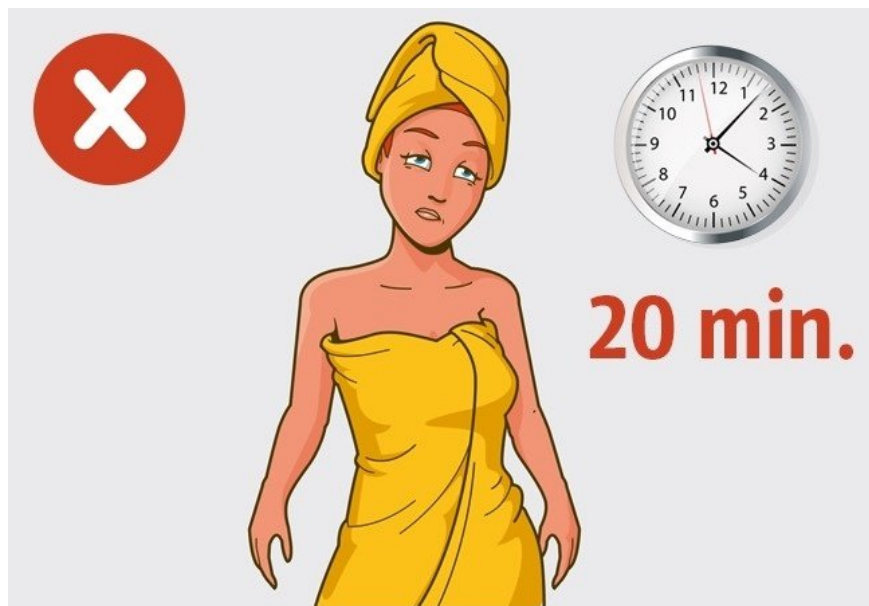
Sometimes we often bathe the wrong way and this seriously affects our health. Here are 5 harmful mistakes we often make when bathing. Invite you to consult!

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Sometimes we often bathe the wrong way and this seriously affects our health. You may find it interesting to take a shower in the morning or take a shower with bath oils at night to make your sleep more comfortable. But is that really good?

Here are **5 harmful mistakes we often make when bathing** . Invite you to consult!

Bath for too long

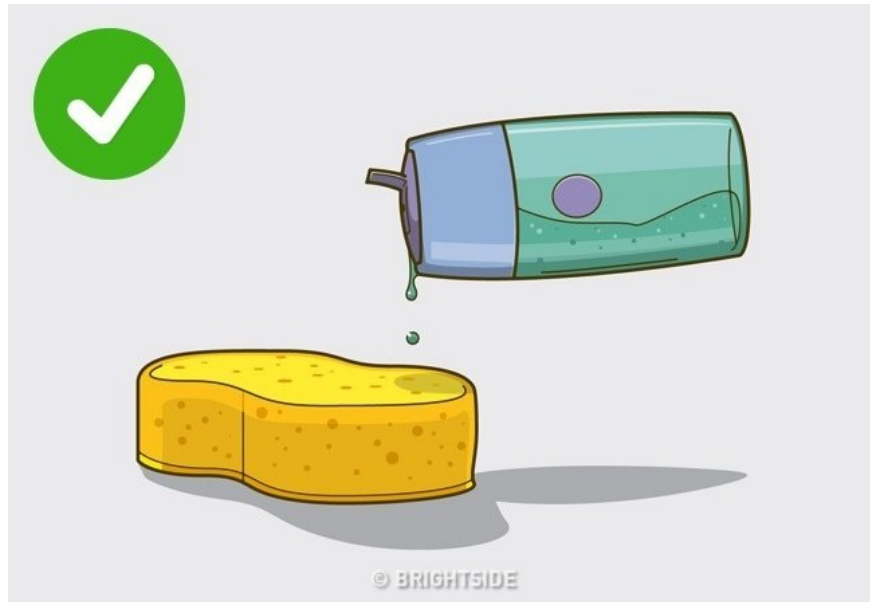




Just like hot water, the longer the bathing time, the more dry the skin becomes, resulting in a rash and itching. Therefore, you should only bathe within 10 minutes back for better skin.

Use too much shower gel

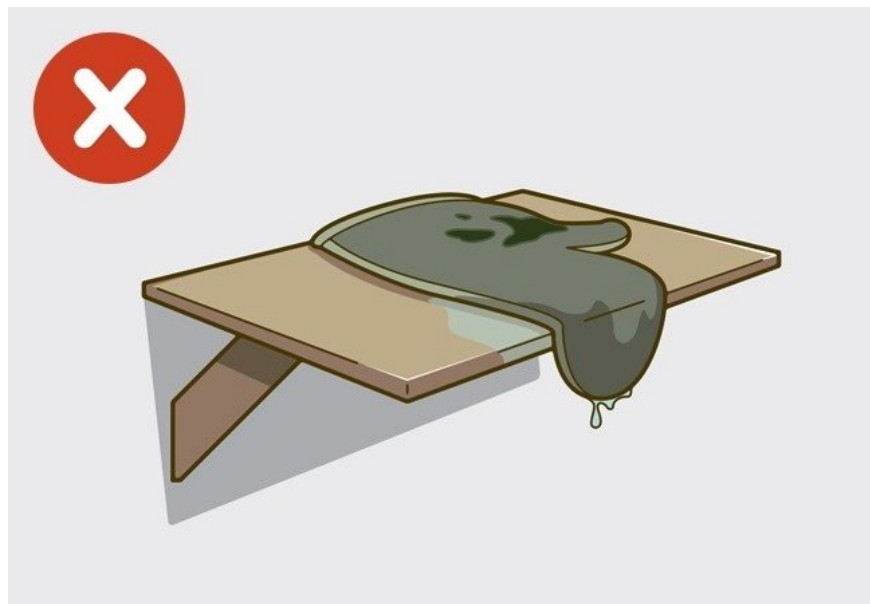


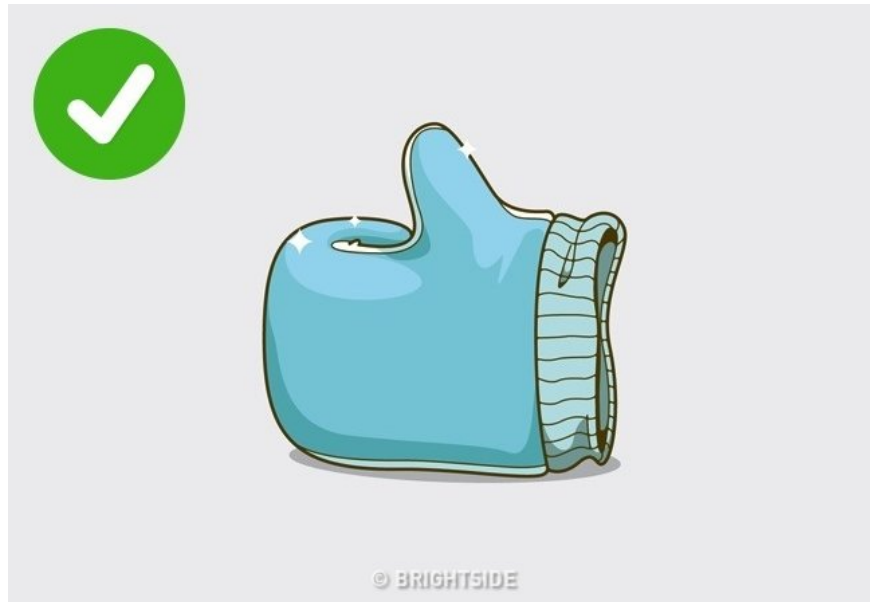


Using less shower gel will be better for the skin. Because the more foam, the higher the cleaning. If you use a large amount of shower gel for each bath, it will inadvertently remove the natural oils that protect the skin, causing the skin to become more dry and rough.

In addition, you should also avoid using non-quality shower gels to make your skin safer.

Use old and wet bathing cotton





Old and wet bathing cotton is an ideal shelter for bacteria. Therefore, it is best to change the bathing cotton regularly about every 4 weeks.

It is important that after use, you should dry the cotton bath to dry out the bacteria. Try to replace the shower with a bath towel or bath towel.

See also: 3 simple ways to remove moldy smell for towels, towels

Dry people too strong





After showering, you should only use a clean cotton towel to dry your skin with gentle manipulation, absolutely do not rub your skin with the towel, causing the skin to lose the necessary moisture. Please leave some moisture on your body. After that, apply a little cream to help your skin smooth and healthy.

Hot shower



Hot water makes your skin dry and flaky. Skin loss of mucus is protected so it is vulnerable to external adverse effects. Moreover, hot water also increases blood flow to the skin, easily leading to skin redness, dermatitis and rash. Ideally, only warm water baths, about 35-40 degrees are best suited.

Many people often have these 5 habits when bathing because they think they are good. However, if you know it, you should avoid it to have a smooth skin and a healthier body!

See also: 5 absolute things not to do after eating

Having fun!

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