

Should wash your face with feminine solution to treat acne?

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Misconceptions about the use of feminine hygiene solutions

It is not natural that you have quite misleading notions about the use of cleaning solutions. The reasons for this are very compelling reasons as follows:

1. The feminine hygiene solution can be applied to especially sensitive vaginal areas, so there is no serious problem with your face if used.
2. Aloe vera essences found in feminine hygiene products have special effects on acne skin. They cause acne spots to flatten quickly, leaving no dark scars and helping to reduce oily skin.
3. A feminine cleaning solution does not dry or abrasive the skin, this is an extremely suitable point for facial skin.
4. Some highly antiseptic solutions work well for acne.

However, according to experts, the above views are completely misleading, unscientific and have no basis to prove.

Why should not wash your face with feminine hygiene solution?

Should acne, face wash with feminine hygiene solution? The answer of course is NO.

- Like soap, cleaning solutions are made with certain uses, only suitable for vaginal skin. The use of the wrong original purpose is absolutely not recommended. Not to mention, sensitive vagina has an ideal pH range of 3.8 to 4.5, most types of cleaning solutions are produced with this pH, which is quite high acidity.

Our face skin is completely different. The pH of the balanced skin is always around 5.5 produced by free fatty acids secreted from the sebaceous gland, along with the lactic and amino acids in sweat. Any kind of cleanser must ensure pH in the range of 5.5-6 to not damage the skin barrier. Therefore, products that are too alkaline or too acid will also be bad. Using a highly acidic product such as a facial cleanser will stimulate the skin to produce sebum. At the same time, the acid has strong antiseptic and cleansing properties that will make the skin more oily but dehydrated, leading to skin imbalance in moisture and become sensitive, prone to irritation and redness.

- In addition, some lines of cleaning solutions have more antibiotics to treat gynecological diseases. With high antiseptic properties, cleaning solution will cause bacteria to be killed. However, unfortunately, it also eliminates beneficial bacteria and skin barrier. Moreover, if you use it for a long time, you will be inadvertently dependent on them, causing facial skin damage, loss of natural defenses, the risk of more serious inflammation.

- Hygiene solutions are recommended not to use for open wounds, abrasions, but acne-prone facial skin will often have injuries or open wounds. Therefore, washing your face with feminine hygiene solution is completely not satisfactory.

- Finally, in gynecological cleansing products often contain odorous chemicals and medication to treat pathology that is specific to the sensitive area and not to any other skin.



The secret to flying obnoxious acne spots?

Washing your face with feminine cleansing solution with the desire to treat acne is absolutely not recommended. So when the skin appears acne, what should we do to be able to quickly remove those hate acne spots?

Here are a few tips for you:

1. Drink lots of water and build a scientific diet with lots of green vegetables and fruits.
2. Limit fatty, greasy, hot spicy foods. Stay away from stimulants.
3. Moisturizes and provides nutrients to the skin
4. Keep up the good mood, get enough sleep, not stay up late.
5. Avoid rubbing your hands on the face, especially on acne spots, to avoid squeezing acne indiscriminately
6. Shielding, protection when having to go out.
7. Limit makeup so that your skin has good ventilation and does not clog pores.
8. Choose specific cleansing products for acne skin and combine with facial steamers, acne machines to get acne cores.

Acne skin care is a long-term process that requires perseverance, not only needs you to be alert but also to listen to your skin. Don't listen to unfounded hints and use it on your face in a hurry! I wish you soon have beautiful, smooth skin.

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