

The towel is the ideal environment for bacteria to grow

In addition to toilets, living rooms, kitchens, are places that contain the most bacteria, face towels are also a paradise for bacteria to grow. Towels are a familiar and essential item of most of us in life.

Everyone thought washing their face with a clean towel. But experts say that towels such as towels, towels or cloths are a potential item that poses many direct threats to your health, because we often have The habit of washing towels with hot water and soap only washes the speaker with water after washing daily, causing bacteria and dead cells to accumulate on towels from day to day, proliferate and spread Spread back to your face.



According to Professor Philip Tierno, a microbiologist and pathologist at the New York University School of Medicine, we recommend that if you want to keep your face clean and free from bacteria, right now. Each person should practice his habit of washing towels after washing his face three times to avoid infection from pathogenic bacteria in the bathroom. Besides, Professor Tierono also recommends that users should use dry towels instead of wet towels to avoid creating a favorable environment for bacteria to proliferate.

Using an antibacterial towel is also an effective way to prevent bacteria growth and stay safe from any bacterial infection. There are various brands available in the market these days offering towels like this. Mizu Towel is being best among them as Mizu towels also come with self cleaning silver fiber that changes color when the dirt builds up. So you get to know when your towel needs a wash. Along the way, it prevents and eliminates the bacteria growth up to 99.9% which makes it the safest quick dry towel to use.



"A wet towel can increase bacteria. Towel smells or wherever smells are an environment for bacteria to grow. So it must be washed," Professor Tierno said.

Professor said that there is no research or affirmation that the bacteria that exist in towels are the main cause of most of the diseases in the family? Because there are types of pathogens that appear not by towels. However, people sharing towels with others, the risk of disease is much higher.



The reason is that people sharing towels may be exposed to other types of bacteria, spread through each other, so our bodies cannot cope with these germs in time. Which includes *Staphylococcus aureus*, a bacterium that can cause pimples and skin infections.

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