

The 6 Most Effective Ways to Manage Oily Skin

When trying to control shine and battle breakouts, it's easy to go astray. Here are the best ways to keep your skin clear and stop an oil crisis.

By Kristin Booker

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Don't Overdo the Products

"I see many people with oily skin who over-indulge in products because they want to dry the skin out, which causes it to become irritated," says [Paul Jarrod Frank, MD](#), clinical associate professor of dermatology at New York University School of Medicine and GoodSkin Labs' Global Consulting Dermatologist. "Oily skin doesn't mean it's not sensitive skin, and using too many products with multiple ingredients could do more harm than good."

The solution? Simplify. "Introduce one product at a time and allow time — a week or two — for your skin to become accustomed to the product," Dr. Frank advises. Start with a salicylic-acid product and allow your skin to adjust before adding another ingredient like glycolic acid or a retinoid.

