

NEW-AGE CLEANSERS

## The Best New-Age Cleansing Products for Your Skin Type

Why you should (or shouldn't) ditch your soap and water for these trendy alternatives.

Cleaning your face isn't what it used to be. While soap and water were once your only options, there are now dozens of new products that claim to be the answer to truly "perfect" skin. Before you become overwhelmed by this sea of innovative cleansers, find out which one—if any—will work best for your skin type.

### Cleansing Powders

**Best for:** Oily and/or sensitive skin

Powdered cleansers work by mechanical exfoliation, or physically scrubbing the skin with an abrasive, says New York City-based dermatologist [Debra Jaliman, M.D.](#) "As you rub them against your skin, they help to take off the dead skin layers, as well as the surface dirt and bacteria." To use, mix in a little bit of water to the chalky powder before massaging the (now) liquid cleanser into the skin. These are great for oily skin because, not only do they remove dirt, but they also help control oil production. "They can also be good for people with blackheads and clogged pores because mechanical exfoliation can help improve that." Infused with pulverized minerals, plant-based exfoliators and botanical enzymes, they're less harsh than microbead scrubs (which are actually [being phased out by several companies because of environmental concerns](#))—so they also work well on sensitive skin.

**Try It:** [Diptyque Poudre Pureté Radiance Boosting Powder](#) (\$58, [diptyqueparis.com](#)) is formulated with white clay that easily absorbs excess oil while hydrating skin. The product also includes a small sponge that efficiently exfoliates.

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### Konjac Sponges

**Best for:** Acne-prone and/or sensitive skin

"The konjac sponge is made from the root of a plant and is totally natural since it's composed of vegetable fibers," says Jaliman. "It works by gentle exfoliation of the skin, and it can be used with or without soap." Because it's made from a natural fiber, it absorbs water very easily and has a fine texture and is never too rough—ideal for those with sensitive skin. The sponge is also great for oily, acne-prone skin because it brushes closely against the surface to unclog pores and gently exfoliate. "You can [also] use it if you're pregnant or breast-feeding and you don't want to use any facial cleanser," says Jaliman.

**Try It: Boscia Konjac Cleansing Sponge** (\$15, [sephora.com](https://www.sephora.com)) dries so quickly that it keeps bacteria and mold at bay (unlike a loofah). The upshot? You can use it for months.

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## Cleansing Devices

**Best for:** Acne- and/or aging-prone skin

**Clarisonic** has brought a whole slew of cleaning devices to the market, “[They] work by sonic cleansing,” says Jaliman. “It massages the skin with a motion that works to remove impurities, and it’s been proven to remove six times the dirt, bacteria, and makeup that regular facial cleansing does.” If you suffer from acne or have anti-aging concerns, this is the new-age option for you. “There are studies that show they take off dead skin and help anti-aging products to penetrate better,” says Jaliman. However, New York City-based dermatologist and surgeon **Paul Jarrod Frank**, M.D., recommends that those with sensitive or thin skin use devices with caution since they’re rougher than a finger massage.

**Try It: Hydrasonic Professional Dermal Cleansing System** (\$199, [stylesource.com](https://www.stylesource.com)) works just like the Clarisonic but includes a light display that shows exactly where to position the brush for 15-second intervals, providing an evenly distributed cleaning in 90 seconds.

**Bottom line:** These cleansers do work, but if you don’t have a problem with your current skin-care routine, you may not need to use them. “Rarely do I tell a patient they need to cleanse more,” says Frank. “Ninety percent of the time, people complain about dryness, and I tell them they are too harsh on their skin.” So before you try a trendy cleanser that could potentially irritate your skin, think to yourself: “Do I really need a new cleanser?” If you do, go ahead and give one a go.