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New Year, New You

10 Bad skin care habits to ditch now



Obsess much over your skin? Always forget to take off your makeup before bed? These and other bad beauty habits could be wreaking serious havoc on your skin, and you might not even know it. Wise up in the New Year and take a cue from our experts — here are 10 bad skin care habits to ditch now.

KICK THESE HABITS TO THE CURB

Not wearing sunscreen

We know, we know... you've heard it all before. But seriously, start wearing sunscreen (and not just at the beach)! "Exposure to UVA and UVB rays from the sun causes premature aging and, in some cases, even cancer," notes *Somme Institute* esthetician, Michelle Reid. "Sunscreen of SPF 30 should be applied 20 minutes before going out into the sun and reapplied every hour throughout the day, especially when swimming and sweating. For everyday facial use, look for SPF 15 in your daily moisturizer." Or, better yet, kill two birds with one stone and use a tinted moisturizer with SPF 15, says Reid.