

# NO MORE DIRTY LOOKS



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## How To Cleanse and Steam Your Face the Easy Way

Posted by *Susannah Compton* on Friday, December 20, 2013 ·



### *Meet the products...*

***Kari Gran Cleansing Oil.*** Have you ever stared at a Jackson Pollock or a Cy Twombly painting and thought to yourself, “I could do that.”? Well you can’t. When examining the ingredients in the Kari Gran Cleansing Oil, you might be tempted to say the same thing, but I promise you that DIYing this cleansing oil does not yield the same results. The ratio of oils is perfectly balanced, and it’s infused with a high grade lavender oil that makes the cleansing experience

sublime. It wipes off effortlessly, taking makeup residue and other impurities with it. My face is left baby soft and glowing. I could even skip a moisturizer (I use facial oils), but why would I want to do that?

**Elizabeth Dehn for One Love Organics Vitamin B Enzyme Cleansing Oil and Makeup Remover:** This is the most unique cleanser I've ever tried. It's a "next level" oil cleanser in that it's formulated to be used in either the traditional manner (see below) or it can be effortlessly rinsed off with water only. When water hits this cleansing oil, it turns into a creamy, milky cleanser. Rinsing with water alone is fine, but if you're using it to remove makeup, I do recommend you follow the traditional cleansing method and use a cloth to help remove residue. The ED4OLO Cleansing Oil smells incredible and fruity, like fresh pineapple. The formula features papain, a fruit enzyme that helps to exfoliate and soften skin, and a natural vitamin b complex to help detoxify and tone. I love the versatility of this cleanser. If I'm in a hurry, I can massage it in, rinse, and go. My skin is noticeably even-toned and happy. I never experience tightness or dryness, but because this cleanser can be rinsed off entirely with water, I do need to follow with a facial oil.

I've been eager to share these two winning oil cleansers with you, but what I love the most is the oil cleansing process. After all, I did promise you that it's the next best thing to a long hot bath. So here's how it works. I run warm water and dampen my lashes if I'm wearing mascara. As I mentioned in my [Makeup Monday post](#), I'm currently cheating with a tubing mascara, which slides right off—no mess or smudging—with a little warm water. I pat my eyes dry and then pump either the Kari Gran Cleansing Oil or the ED4OLO Cleansing Oil into my hand. I gently massage the oil onto my face, using upward strokes. Be sure to inhale deeply—the scent is a big part of the experience.

After a minute or two of this, it's time to steam. This step is *everything*. I wet a washcloth with hot (not scalding) water, wring it out, and press it over my face until the cloth cools off. Take your time and inhale deeply, because the scent of lavender or pineapple is going to enhance your ability to relax. When the cloth cools, I repeat this process twice more, letting the day melt away. Sounds goofy, but it really works. Finally it's time to wipe away the cleansing oil with the damp cloth. Voilá. I don't even need to rinse afterward. The sensory experience of pressing a steaming cloth against your face, especially when a therapeutic scent is involved, is transformative. It's the little things, right?