

Best face sheet mask for oily skin

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Best face mask sheet for oily skin in india. Is sheet mask good for oily skin. Best face shop sheet mask for oily skin. What kind of face mask is best for oily skin. Best korean face mask sheet for oily skin. Best face sheet mask for oily acne prone skin.

Oily skin is caused by an overactive sebaceous gland that produces excess sebum. Even though sebum protects and moisturises your skin and is essential to maintain the overall health of your skin, excess sebum on your face can make you look like a shiny disco ball. And that's not all, all the extra oil on your face easily traps dirt and impurities and clogs your pores. This, in turn, causes breakouts, making oily skin extremely prone to acne. It is not easy to manage oily skin, especially oily skin that is also acne-prone. But by making just a few changes to your skincare routine, you can keep the excess oil at bay. If you have already tried all the clay face masks and toners for oily skin out there and nothing seems to control your oil, maybe it is time you try a sheet mask! When it comes to selecting a sheet mask, the process of finding one that can address your oily skin woes might seem difficult at first. It is a common misconception that since a sheet mask primarily hydrates and moisturizes your skin, it is only beneficial for people with normal to dry skin. But that's not true at all! Sheet masks that are designed to clear your clogged pores and minimize their appearance, work great for oily skin. Some sheet masks are formulated with ingredients that help control the excess oil production and can help mattify your face. Use these sheet masks two to three times a week and you will notice a visible transformation in your skin. Always apply your sheet mask to a clean face. People with oily skin tend to over-wash their face as they believe this will help them keep the excess sebum in check. Washing your face excessively will, in fact, strip all the natural oil and moisture from your skin, sending your sebaceous gland into overdrive. This will cause your glands to produce even more oil to compensate. So remember to only wash your face two or three times a day at most. Once your face is all nice and clean, it is time to apply your sheet mask. You can start your week with a detoxifying sheet mask like the Pure Charcoal Black Serum Sheet Mask by Garnier. The charcoal in the sheet mask draws out all the impurities from your pores and helps unclog them. This helps reduce the size of your pores and also detoxifies your skin. Now that your pores are unclogged and ready to absorb all the goodness from another sheet mask, beat your mid-week blues by treating your skin to the purifying Garnier Hydra Bomb Green Tea Serum Sheet Mask. This serum sheet mask is great for oily and acne prone skin as green tea extracts in the sheet mask help control and reduce the oiliness in your skin. In just 15 minutes, your skin feels fresh and hydrated with a natural matte finish and none of the oiliness from before! Using multiple sheet masks during the week is a great way to let your skin benefit from the different properties of each sheet mask. Taking care of oily and acne-prone skin is challenging, but with the right products, you can help control the excess shine on your face and reduce breakouts. We at Garnier ensure that all our skincare products, including our serum sheet masks, are dermatologically tested and suitable for all skin types. Check out Garnier's range of Serum Sheet Masks and find the best sheet mask for your oily skin troubles. Now that you've got your shine in check, let our Ultimate Sheet Mask Guide help you pick out your next favourite sheet mask. So you've already dived headfirst into the bliss that is sheet mask life, and you've read and memorized our guide to the best masks. But if you have pimples (as so many of us do), you might wonder what the best face mask for oily skin might be. When it comes to choosing masks for a specific issue, knowing what ingredients work is key. Most acne-sufferers already know tea tree oil is a godsend, but it's not the only one that can work wonders. Another ingredient to know is Centella Asiatica extract. It's a medicinal herb renowned for its powerful properties, even called a "cure-all" in pharmaceutical studies since it's packed with vitamin C, vitamin A, vitamin B1 and B2, niacin, and carotene. Its special power against acne is Madecassic acid, which stimulates collagen synthesis and inhibits the release

of pro-inflammatory cytokines. All that in one little plant! Another power player in the fight against acne is activated charcoal. It's a magnet for dirt, chemicals, and bacteria (the longer activated charcoal makes contact with your skin, the more effective it'll be (ideal for a mask that sits on your skin for 20 minutes or more). If you want to be even more proactive, read our guide to why the cleanser you're using is probably CAUSING your acne rather than keeping it at bay. Polyphenols are also your friend if you have angry skin. These antioxidant molecules naturally occur in a ton of foods, including wine, tea, nuts, fruits, and vegetables. Skincare products made with green tea contain polyphenols – and that's great news since these little guys are scientifically proven to reduce sebum production. Add a green tea mask into your routine and watch oil production come to a skidding halt. The best face masks for oily skin
1) Leaders Insulation Tea Tree Relaxing Renewal Mask (\$5) Amazon This is a great mask to use if you're in the middle of a breakout. It contains tea tree oil, which we know is excellent for fighting blemishes, but it also got organic leaf extracts that protect your skin from all the hateful things the environment throws at it.
2) My Beauty Diary Apple Polyphenol Mask (10 for \$16) Amazon As we learned earlier, polyphenols are the acne sufferer's friend. This excellent mask contains apple polyphenol, which will brighten overall skin tone and fight off blemishes. My Beauty Diary's sheet masks are also famously lightweight and retain their moisture for well over the suggested 20 minute wear time. On top of that, they're amazingly cheap!
3) Klairs Midnight Blue Calming Sheet Mask (\$3) BeautyTap This sheet mask combines the power of bamboo charcoal powder, tea tree oil, and Centella Asiatica to help bid acne farewell. You can also count on the power of BHA, so you get a dose of actives too.
4) Mediheal Teatree Care Solution Essential Mask EX (10 for \$22.36) Amazon Mediheal is one of the most renowned names in Korean beauty – so much so that wildly popular K-pop band BTS chose them for their first skincare collaboration. This mask is made of silk cellulose, meaning it will cling to you like a second skin (but much, much lighter). It also has both tea tree oil and Centella Asiatica in its ingredient list.
5) Dr. Skinica Centella Blemish Therapy Mask (5 for \$23.10) Beautytap I've been masking for what feels like a million years, and this mask is easily in my top five of all time. It's that good. It contains similar ingredients to some of the other masks in this list, but there's something about it that feels incredibly indulgent and effective. My skin felt so good after I used this that it was still glowing the day after. The cost is a bit higher than some of the other options on this list, but it's well worth it.
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*First published: Aug 8, 2018, 3:41 pm CDT
We independently research, test, review, and recommend the best products—learn more about our process. If you buy something through our links, we may earn a commission.
Face masks are undoubtedly the golden child of the skincare world, offering not only a quick dose of TLC for your complexion but also the opportunity to sneak in a little more self-care into a busy day. But by no means are all face masks created equal; part of the reason there are just so darn many options out there is that picking one that's right for your skin type is crucial for scoring the best results. Exhibit A: If you have oily skin, the endless amount of hydrating offerings on the market by not be quite right for you. Instead, purifying formulas are the name of the game, ones that can help keep excess oil in check (without stripping your skin). According to cosmetic chemist Ginger King, the key is to look at a face masks ingredient list to determine if it's a good match for your oily skin. "For masks for oily skin, look for clay, kaolin-based products as they can dry out the excess oil on face, she says." Ginger adds that also if they have ingredients like salicylic acid, charcoal, tea tree oil or avocado oil, they can also help to minimize oil production. That being said, ahead, the best face masks for oily skin that do exactly that. What We Like
Calms redness Gives immediate results Rich, creamy texture What We Don't Like What do buyers say? 86% of 200+ Nordstrom reviewers rated this product 4 stars or above. There's really nothing this mask, a go-to for former Byrdie Editorial Director Faith Xue, can't do. Indeed, it can decongest pores and tamp down oiliness (thanks to kaolin clay), but the benefits don't stop there. It's also cooling and soothing, working to reduce both puffiness and redness or blotchiness. Basically, if your skin looks less than stellar for whatever reason, slather on this mask and prepare to be amazed. Benefits: Calms redness, clears pores | Active Ingredients: Kaolin, honey | Skin Type: Oily, acne-prone | Size: 3.3 fl. oz. | Cruelty-Free: No | Byrdie Clean: Yes What We Like Helps calm inflammation Thick, jelly-like texture Works quickly What We Don't Like Admittedly, any of these picks are a good choice for those prone to pimples, but Xue says this is an especially top option. It battles breakouts in several different ways, boasting oil-dissolving salicylic acid along with antibacterial colloidal silver. Add niacinamide—known for tamping down inflammation—and you've got yourself a perfect way to help keep your complexion clear. Benefits: Calms redness, clears pores, helps treat and prevent acne | Active Ingredients: Glycolic acid, niacinamide | Skin Type: Oily, acne-prone | Size: 1.7 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: Yes What We Like Boosts radiance A little goes a long way Simple ingredient list What We Don't Like Must be left on for a long time Dealing with combination skin often puts you into a perpetual Goldilocks-type state—you want something that will address oiliness but also works to hydrate any dry spots. It's no easy feat, which is why we appreciate the prowess of this mask. It boasts ingredients that work on both ends of the spectrum. Three kinds of clay plus charcoal remove sebum, while soothing honey, chamomile, and aloe add hydration and ensure skin is never left stripped or irritated. Benefits: Exfoliates, hydrates, reduces excess oil | Active Ingredients: Clay blend, honey | Skin Type: Oily, acne-prone | Size: 3.4 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: Yes What We Like Effective formula Pleasant scent Calms redness What We Don't Like Having oily skin increases the likelihood of having pimples pop up (always at the least opportune time, of course). Whenever that happens, we reach for this mask time and time again. True to its name, it contains a 3% concentration of skin-clearing sulfur, which works fast—we always notice improvement after just one use. Plus, unlike other sulfur-based products which are notorious for their stinky smell, this one has a refreshing citrus scent. Benefits: Calms redness, clears pores, helps treat and prevent acne | Active Ingredients: 3% sulfur | Skin Type: Oily, acne-prone | Size: 1.7 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: No What We Like Just one ingredient Has a variety of uses Clarifies and tightens skin What We Don't Like Clay is a top choice for oily skin; it acts like a magnet to pull out oil and other assorted gunk from pores. This cult classic—which also happens to ring in at a very wallet-friendly price—is made of only 100% natural calcium bentonite clay. DIY aficionados will like it too since there's no shortage of ways to use it, be that as a mask or a spot treatment. Not to mention, it also works well as foot or bath soak, or even as a treatment for an oily scalp. Benefits: Calms redness, clears pores, helps treat and prevent acne | Active Ingredients: Calcium bentonite clay | Skin Type: Oily, acne-prone | Size: 1 lb. / 2 lb. | Cruelty-Free: Yes | Byrdie Clean: Yes What We Like Fun, bubbling texture Reduces excess oil Clears pores What We Don't Like You're likely seen bubbling masks all over social media—for good reason, they are super fun to use—but that bubbly action also serves a purpose. Namely, it helps to "massage out" gunk lodged in your pores. Here, it's a carbonated water plus mud combo that creates those bubbles, coupled with charcoal powder to help absorb excess oil. Benefits: Calms redness, clears pores, helps treat and prevent acne | Active Ingredients: Kaolin, charcoal powder, green tea extract | Skin Type: Oily, acne-prone | Size: 4.3 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: No What We Like Gently exfoliates Boosts radiance Unique texture What We Don't Like Diminishing excess oil may be a priority for you, but don't forget how important exfoliating is for oily skin, too. To do so, we suggest using this unique powder-to-gel option that relies on papaya enzymes for ultra-gentle, yet ultra-effective exfoliation. Rounding out the list of completely natural (we're talking edible) superfood ingredients are vitamin-C packed goodies such as lucuma and sea buckthorn that help ensure your skin stays perfectly glowy—not overly shiny. Benefits: Exfoliates | Active Ingredients: Lucuma fruit powder, papaya extract | Skin Type: Sensitive | Size: 1 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: Yes Courtesy of Neiman Marcus What We Like Balanced formula Easy to use Won't irritate sensitive skin What We Don't Like It may sound oxymoronic, but you may in fact want to use a hydrating mask once in a while, even if you have oily skin. Why? Relying solely on purifying, oil-absorbing products day in and day out can inadvertently end up stripping your skin, and triggering it to end up producing more oil in the first place. Keep things balanced out by working a hydrating formula, like this guy, into the mix every so often. We like it because it's moisturizing yes, but is also specially made to actually balance out sebum production, exactly what you want if you have oily skin. Benefits: Balances, hydrates, clears pores | Active Ingredients: Kaolin, moringa extract, coconut acid | Skin Type: All | Size: 1.8 fl. oz. | Cruelty-Free: Yes | Byrdie Clean: Yes What We Like Not overly drying Available in multiple sizes Helps treat and prevent acne What We Don't Like If your skin is typically pretty normal but is prone to occasional bouts of oiliness, try this mask. A favorite of Byrdie Senior Editor Holly Rhue, it works just as well on oily and acne-prone skin as it does on a normal to combination complexion, making it a good option to use whenever. Charcoal and kaolin clay act as purifiers to unclog pores, while a unique blend of six different acids works to further clear out gunk and grime. The end result is a smooth and glowing complexion, plus much smaller-looking pores. Benefits: Calms redness, clears pores, helps treat and prevent acne | Active Ingredients: AHAs, activated charcoal | Skin Type: Oily, acne-prone | Size: 0.5 / 1 / 1.7 / 3.5 fl. oz. | Cruelty-Free: No | Byrdie Clean: No What We Like Exfoliates Fragrance-free Non-drying What We Don't Like Rhue is also a fan of this pick, choice for those dealing with ultra-stubborn blackheads and/or whiteheads. It's not your standard charcoal or clay that does the purifying here (though we're obviously not knocking those ingredients), but rather finely ground clusters of hardened volcanic lava that sop up unwanted oil. There's also gently exfoliating lactic acid in this creamy, wash-off formula. Benefits: Exfoliates, clears pores | Active Ingredients: Jeju volcanic clusters, lactic acid | Skin Type: Combination, oily | Size: 3.4 fl. oz. | Cruelty-Free: No | Byrdie Clean: No What Our Testers Say "The clay brought my whiteheads up and soaked up the excess oil from my T-zone and cheek areas on the first use." — Bianca Lambert, Product Tester What We Like Fun to use Effective formula Thick consistency What We Don't Like Peel-off masks might seem a little gimmicky, but they can be a particularly great option if you have oily skin, mechanically removing impurities as you peel them off. If you want to try one, make it this guy, a recommendation from Karl Bendlin, Byrdie's Email Editor. At work is red shiso leaf, rich in antioxidants and purifying minerals. Apply the liquid formula all-over and let it dry for 20 minutes (make sure to take a selfie in the meantime because the metallic pink hue is so photogenic). Then peel it off, removing dirt, pollutants, oil, and other grime in the process. Benefits: Clears pores | Active Ingredients: Polyvinyl alcohol, red shiso leaf | Skin Type: Oily | Size: 3.7 fl. oz. | Cruelty-Free: No | Byrdie Clean: No What We Like Feels luxurious on skin Clarifies skin Skin feels soft and smooth What We Don't Like Scent may not be for some It may be the brand's best-selling P50 toner that gets all the buzz, but according to Byrdie's Associate Beauty Director Hallie Gould, you really shouldn't sleep on this luxury mask. It boasts purifying live yeast extracts (who knew?) plus astringent witch hazel to clear out and brighten skin. Benefits: Purifies and tones | Active Ingredients: Yeast extract, witch hazel | Skin Type: Oily | Size: 3.4 fl. oz. | Cruelty-Free: No | Byrdie Clean: Yes What We Like Reduces excess oil Mask stays in place Helps fade dark spots What We Don't Like Expensive for a single use You're more likely to see sheet masks geared towards dry skin than oily skin, making this a noteworthy exception. Salicylic acid plus tea tree oil tamp down sheen, while glutathione (an antioxidant) helps combat dark spots. All this in a microfiber sheet mask that stays put and won't slip and slide down your face. Benefits: Helps fade dark spots, reduces excess oil | Active Ingredients: Glutathione, niacinamide, salicylic acid | Skin Type: Oily, acne-prone | Size: 1 mask | Cruelty-Free: No | Byrdie Clean: No What We Like Easy to use Works quickly Inexpensive What We Don't Like We love this one convenient, solid stick. While you could apply it all over, we think it's choice for strategic swiping on areas prone to being extra oily, i.e. your T-zone. Mess-free and perfect for travel, masking has never been easier—simply apply where you want it, let dry for 10 minutes, then rinse off. Benefits: Clears pores, reduces excess oil | Active Ingredients: Kaolin, charcoal powder | Skin Type: Oily, acne-prone | Size: 1.7 lb. oz. | Cruelty-Free: No | Byrdie Clean: Yes According to Houston-based dermatologist Suneel Chilukuri, MD, FAAD, FACMS, our skin's normal oil production combined with environmental dirt and debris can lead to clogged pores. "If left untreated, clogged pores can turn into blackheads and acne lesions," he explains. "Additionally, pores that are full of excess sebum and impurities will begin to look larger. Although pores don't actually change in size much until we grow older and our collagen breaks down more quickly, regular clearing of the pores will make them appear refined and smaller, ultimately leading to a smooth, flawless skin." So what are the most strategic ingredients to fill your face mask arsenal with? Clays: And specifically, the Kaolin and Bentonite varieties, which, according to Chilukuri, are highly absorbent, helping to draw out impurities from the skin and clear pores. Sulfur: Sulfur is a fantastic ingredient for those with oily skin," celebrity esthetician Shani Darden tells us. "It will absorb excess oil on the skin, and it also has antibacterial properties as well." Glycolic Acid: "This acid reduces excess oil and prevents the clogging of pores that lead to a breakout," celebrity esthetician Angela Caglia explains. Zinc: Another pick from Caglia, Zinc keeps skin mattified and non-greasy throughout the day. Magnesium Aluminum Silicate: A naturally occurring, clay-derived mineral that Chilukuri says supports clear and healthy skin. Charcoal: Contains a variety of minerals and works to absorb oil and impurities from the skin. "Its structure of very small pores allows it to be highly efficient for skin detoxification," Chilukuri adds. Salicylic Acid: Has anti-inflammatory properties to calm down acne-prone skin. Lemon and apple: Chilukuri says both of these will naturally exfoliate the skin and remove excess oil. Aside from going to battle with excess oil and acne breakouts, you'll want a formula that throws in some calming, soothing ingredients to help decrease inflammation, irritation, and redness. It's all about balance, even with skincare, and pairing exfoliating and purifying ingredients with mild moisturizers can help promote a calmer, clearer complexion. Look for ingredients like honey, aloe vera, and chamomile to go gentle on your skin. "Coconut oil, mineral oil, camellia oil, sunflower oils, and petrolatum tend to clog pores," warns Chilukuri. "Additionally, alcohol, sodium lauryl, and sodium lauril sulfate strip natural skin oils, leading to more oil production and the chance of worsened acne down the line." FAQ What is the best homemade face mask for oily skin? If you're going the DIY route, you can incorporate some of the ingredients in products here that are also probably in your household. For example, some people like to use apple cider vinegar diluted with water or an oil like jojoba as a toner or mask. Aloe vera mixed with honey, avocado, or banana can also make for a nourishing, homemade face mask. Are sheet masks good for oily skin? Yes. Though they may be seen more as a remedy for dry skin, sheet masks can work great on oily, acne-prone skin. Our pick, Dr. Jart+ Dermamask Micro Jet Clearing Solution contains acne fighters in a convenient-to-use sheet mask. When selecting a sheet mask, just look for ingredients like tea tree oil or salicylic acid rather than rich, hydrating ingredients. Which face mask is best for large pores? Using a product with kaolin can help give the appearance of smaller pores, as it works to clarify skin. Salicylic acid is another ingredient that decongests skin and is ideal for reducing excess oil. We like our overall pick, Eve Lom Rescue Mask, for oily skin because it contains kaolin and also has soothing properties, and also GlamGlow Supermud Charcoal Instant Treatment Mask. Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial guidelines to learn more about how we keep our content accurate, reliable and trustworthy. Grimes PE. The safety and efficacy of salicylic acid chemical peels in darker racial-ethnic groups. *Dermatol Surg*. 1999 Jan;25(1):18-22. doi: 10.1046/j.1524-4725.1999.08145.x. PMID: 9935087. 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