



### [Skin Care Tips To Avoid Ghoulish Makeup Aftermath This Halloween](#)

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Just because they sell makeup in stores doesn't mean that it is good for your skin. A little research and know-how will keep the terror factor down when it comes to post-Halloween skincare.

It's October and the skeletons and pumpkins are hanging out in the store windows, reminding you that Halloween is just around the corner. With costumes, makeup, and candy galore, it is tempting to lose sight of your regular skincare routine on this fun holiday. But it's important to realize the effects that even one night can have on your skin.

If you are considering turning yourself green, purple, or orange this Halloween, remember that the makeup items you buy aren't made with the same formulations as many of the skin care products you would wear on a regular day basis. A lot of the face paints out there are grease-based, which can cause a multitude of skincare issues for anyone who has acne-prone skin. Try to choose oil free products whenever possible, and also alcohol-free products for anyone who has sensitive skin. Water-based makeup will always be your best bet and won't put a major roadblock in your regular skincare regime.

A lot of parents have discovered the recipes for homemade Halloween makeup on the internet. While it may sound like a great, creative afternoon spent with the kids, some of the ingredients in them may be harmful for their sensitive skin. Your child's skincare is just as important as your own, and at a young age, their skin may be even more prone to infection and irritation. When was the last time you tested out corn syrup and food coloring on your own face? It is best to stick to over the counter, kid-approved skincare and makeup when its time to play.

No matter how late that party goes, remember that it is never a good idea to go to sleep with makeup on, especially not makeup in freakish colors that you spent a whole three bucks on at the local convenience store. Be skin care smart and realize that your skin is in no way extra durable or resilient just because it is a holiday. It may sound easy, but you would be amazed to know some of the things that people do.

When it comes to skincare, don't forgo your previous cosmetic knowledge in the name of enhancing your costume or look. Don't give into temptation to use things that shouldn't be applied to your face. Everything from markers to tempura paint can be a culprit, and fun additions such as glitter can not only be irritating to the skin but to the eyes as well.

When cruising the aisles of the Halloween store, buy skin care related items that were created on home soil. According to the online publication *Health A to Z*, "Try to buy products made in the United States. These products often have stricter regulations of what ingredients are allowed to go into the product." This is a great skin care tip when you are searching for that perfect finishing touch for your costume. It may limit your selection drastically, but your face will thank you!

Remember that if you feel any itching or hotness under your makeup, it is your body's way of reminding you to be responsible with your skin care. So if you experience these or any other uncomfortable feelings, be sure to remove the makeup immediately. Any rashes or irritations that

may follow you into November can usually be solved by using an over the counter medicated cream. Skin care producers realize that you are not always going to follow the rules, and so they have come up with a pretty impressive crop of skin care fixes. However, most will agree that the best and most effective skincare routine comes from a commitment to following the rules.

So be smart with your skin care this Halloween and make the right choices. It will save you a facial fright!