

## Health

### All Skin Types Can Benefit From Clay Masks—These Are Our Top Picks

*Face masks that contain clay are perfect for detoxing skin and purifying your pores. Plus, they're fun to apply!*

By: **Bella Gerard** | October 23, 2017



Not only is slathering on a face mask a pampering pick-me-up after a long day, but it's great for your skin. From sheet masks to cream masks to masks that harden then peel off, different formulas and ingredients may work better for certain skin types. But experts say there's one type of mask that most people can benefit from: the tried-and-true clay mask.

"Clay masks have a very long history in skincare," says Ted Lain, MD, a dermatologist based in Austin, Texas. "Their drying and astringent properties are used to minimize blemishes, and their anti-inflammatory properties help minimize redness and inflammation."

While clay masks work for all skin types, how often you apply one may vary. For example, people with oily skin and clogged pores may be able to use them daily, while those with normal or dry skin may need to mask less often. Regardless, Dr. Lain tells us that he believes "nearly everyone" can benefit from at least intermittent use of these masks.

Kaolin, charcoal, and rose—oh my! There are quite a few different types of clay to choose from, all with their own unique skin-purifying benefits. Below, we rounded up a list of our favorites, along with a few recommendations from dermatologists. Read on to find the best clay mask for you.

#### 7. Origins Original Skin Retexturing Mask With Rose Clay



"This mask is an effective clarifying mask while at the same time hydrating—an unusual combination. The jojoba beads serve to exfoliate, while the unique composition of rose clay helps calm acne and irritated skin. Rose clay is considered to be the mildest of all clays and is rich in kaolinite, calcium, iron, and magnesium. It's appropriate for sensitive or mature skin with or without acne."

—**Ava Shamban**, MD, a dermatologist based in Pacific Palisades, California

**To buy:** \$27; [sephora.com](https://www.sephora.com)

<http://www.health.com/beauty/best-clay-face-masks>