

Why Micellar Water Is the French Pharmacy Staple We All Need

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Micellar water often flies under the radar. Yet, it plays a powerful role in skincare routines everywhere. As *Vogue India* explains, its ability to remove makeup, SPF, oils, and grime makes it more than just a cleanser—it's a prep step.

Celebrity facialist Sofie Pavitt notes that using micellar water as a first cleanse helps products like acids, vitamin C, and hydrating serums absorb more effectively. Without this step, oils and residue can block these treatments.

What Exactly Is Micellar Water?

At its core, micellar water is a solution composed of *micelles*—tiny cleansing molecules that attract dirt and oil. These micelles lift grime from the skin without rubbing hard or using harsh surfactants.

Dermatologists like Dr Blair Murphy-Rose describe it as a lightweight formula with mild surfactants and moisturizing agents. It's different from a regular foaming or creamy cleanser in texture and gentler on the skin.

Benefits & Why It Suits Sensitive Skin

One of micellar water's biggest selling points is its gentleness. For many, especially those with sensitive or reactive skin, aggressive cleansers can irritate or dry out the skin barrier. Micellar water reduces that risk.

Also, many micellar formulas now include ingredients like glycerine, hyaluronic acid, niacinamide, ceramides, or aloe to support hydration and soothe skin. These additions help maintain moisture rather than strip it away.

How & When to Use It

Firstly, micellar water works beautifully in the morning—after sleeping, when oil and residue accumulate overnight. Using it then can refresh the skin without needing a heavy cleanse. [Vogue India](#)

Secondly, it's an excellent first step in a double-cleansing routine. After micellar water, you use a traditional cleanser (gel, foam or whatever your skin tolerates) to remove the rest of the buildup

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