

## Top Ten Tips for a Healthy, Glowing Skin



Many of us are skin conscious. We often want our skin to look young and healthy and we really do something just to protect our skin from whatever possible harms there may be in our environment. Well, our skin is our largest organ performing several functions. It primarily protects us against the invasion of foreign substances and it serves as the transfer point for the release of toxins from our bodies, thus our skin is just worthy of protection and care.

Now, if you found yourself coveting the gorgeous skin of fashion models and celebrities in most of today's magazines, here are some tips that will help you on for a beautiful skin.

### **Tip #1: Drink Water**

It is often said that the simplest way to clear and supple skin that is no longer dry is to drink plenty of water. Water has long been considered as the most effective natural treatment or an almost free treatment for any skin condition because of its being alkaline, with pH 7.3. It prevents dehydration which is capable of producing sebum or oil from the sebaceous glands. Your skin needs water in order for it to function best, thus doctors and nutritionists recommend that a daily intake of between 6 to 8 glasses of water per day is highly needed.

## **Tip #2: Watch Your Diet**

Nutrition plays a vital role in skin health too. Specific foods such as those acidic foods and dairy products are said to be potent in causing an allergic reaction in some people. Also, one of the widely debated topics in the area of nutrition today is chocolates. Some say that chocolate does affect the condition of the skin, while others say it doesn't. Whatever the result may be, the best recommendation is just to follow a nutritious diet that has a number of fresh fruits and green-leafy veggies, as well as fiber.

## **Tip #3: Consider Exfoliants**

Many experts say that exfoliating your skin is another great way to attain a beautiful skin. So, try to invest in a good body exfoliant or "loofah", as it is commonly called, as it is capable of eliminating the dead skin cells from your body. Accordingly, this should be done once or twice a week so to free the skin to breathe. What's more, exfoliants help to prevent ingrown hair from developing.

However, it is necessary to avoid using any body exfoliant on the skin on the face. The main reason for this precaution is that the facial tissue is more sensitive and finer than those tissues of the body.

Today, there is a myriad of exfoliating sponges in the market, as well as a number of really good exfoliant gels that are especially formulated for the skin on the face. Nevertheless, one of the necessary things to note is that those people with skin affected by acne should not apply exfoliating gels or sponges, as these may aggravate the acne infection. Try to consider those exfoliating products for acne prone skin in the form of a skin peeling treatment instead. These products are now commonly offered by most salons anywhere in the world. And, perhaps what is best to consider is to consult a skin specialist before undertaking any form of skin peel.

## **Tip #4: Consider a Healthy Routine for Facial Care**

When it comes to facial skin care, getting into a healthy beauty routine is not bad. Most of the doctors today highly recommend that you cleanse, moisturize and tone your skin twice every day. When cleaning, never fail to remember cleaning the area on the neck, including your face. Apply a moisturizer or neck cream after.

Before going to bed at night, always remember to remove all make up. Clean your skin before you sleep, no matter how tired you may feel. It was found out that during the night, the skin goes through a process of elimination and cannot breathe properly if it is clogged with make up. And, you may also find out that sleeping with your make up on will cause your skin to "break out" with spots on it.

When it comes to shaving for men, some men may experience shaving rashes. For many, these rashes lower their self-esteem, but this is actually not a big problem to think about. There are a lot of ways to avoid rashes. Perhaps one of the best is to make sure that when shaving, the razor strokes are following the direction of hair growth. That's simply it!

Also, scarring on the face can sometimes be unsightly. To heal a scar, it is recommended that you use jasmine or neroli essential oils diluted in carrier oil. This is deemed effective for elimination facial scars, and it even works on stretch marks too as well. However, if you noticed that the scar or stretch mark has gone silver or white in color, note that it cannot be removed anymore. And, if it is pinkish or red in color, there is a great possibility that it can be healed.

When it comes to bruises, there are arnica creams and ointments out there that are useful in healing bruises. It is also interesting to know that one way of dealing with bruises fast and effectively is to use Vicks Vaporub on the affected area.

#### **Tip #5: Heal Your Feet**

When it comes to skin care, the feet are often neglected. So, if care you found no time for a professional pedicure, try to fill a footbath or basin with warm water and add your favorite essential oil. Soak your feet for about fifteen minutes. Then, dry them and apply a rough skin remover onto them. Rinse this off and dry your feet well. And, if you consider pedicure, simply add some body cream to your feet for an easy and quick fix pedicure.

#### **Tip #6: Tie Your Fringe Out of Your Face**

For many people, trying their fringes out of their faces for a few hours each day is somehow necessary. The support for this claim is the belief that it will prevent spots from forming on the forehead, especially if you are prone to oily hair. It is noted that sometimes, these oily deposits on the hair can be transferred to the skin which eventually causes the skin to develop acne or any disorder.

#### **Tip #7: Avoid Too Much Exposure to the Sun**

One of the most common precautions when it comes to skin care is avoiding too much exposure to the sun. As you may know, over exposure to sunlight causes sunburn. So, while current sunblocks only block out the UVB rays and still let in harmful UVA rays, it is still wise to cover up before venturing into the hands of Apollo. If possible, use a wide brimmed hat while tending your garden to keep the sun from your face.

#### **Tip #8: Exercise**

Aside from considering a healthy diet, exercising your body also helps keep your skin healthy. Note that a proper exercise does not only keep the body fit by regulating the oxygen; it also improves the glow of the skin as well.

#### **Tip #9: Take Enough Rest**

One common problem that face people is stress; the one which is not normal. It was found out that when a person is stressed, the adrenal cortex converts adrenal androgens to the hormone testosterone in male and female, which in turn results in overactive sebaceous glands. These adrenal androgens are released causing a double amount of

testosterone, causing the face to be oily, while other areas of the body are still dry from dehydration. So, taking proper rest that includes 6 to 8 hours of undisturbed sleep daily is the best way to rejuvenate the skin.

### **Tip #10: Other Helpful Tips for Skin Care**

There are a lot of home remedies for skin care. One of the most commonly suggested is blending the egg white and honey well and then apply them on the face. Experts believe that this makes your skin smooth and helps to reduce wrinkles.

Also, you should try blending turmeric powder with milk and apply on the face. This specifically removes the tan and assists in reducing the growth of facial hair. When it is already applied on the face, scrub it off with a good face scrub and then wash with cold water. Not the extremely cold water. You can even keep it overnight.

Some experts also recommend blending oatmeal along with curds and tomato juice for facial care. This is often kept for 20 minutes and washed off with cold water. This is also potent for removing the tan and keeping the skin light.

Did you know that cucumber juice is an excellent astringent for a beautiful, smooth skin? Yes it is. Applying cucumber juice on the face helps tighten the skin pores. However, it is necessary to wash it off after 15 minutes for better result.

Another great tip for skin conscious is to apply Vaseline over the entire body after a shower. Then, shower again after one hour and repeat this twice a month. This also improves the condition of the skin.

Finally, you can use glycolic acid (mild peel) and trichloroacetic acid (medium peel solutions). As found out, these peels are safe and not overly aggressive. They do not necessitate time off from work or social activities, and these peels smoothen, soften and freshen the skin.

Always note that your skin reflects your health. It is your body's canvas and one of its valuable assets. So, for good skin care, start developing healthy habits that generally protect your valued possession, which the skin, from the outer and inner forces. Your daily habits mean everything as it is the only skin you'll ever get.

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