

Are You Prepared For An Organic Skin Care Routine?

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By Claudia Budu Ph.D.

Skin has many important functions in our body such as: protection, excretion and nourishing. It

protects against UV rays by absorbing and converting them into dark pigment to prevent further damage. The skin is also the largest excretion organ, eliminating bodily waste through its pores. Its oily glands secrete sebum, which maintains the elasticity of the skin's surface. The water skin storage helps metabolic reactions, minerals and vitamins absorption.

Today, when people are more concerned about side effects, due to chemicals in personal care, when traces of parabens (preservatives) were found in breast tissue, organic herbs and genuine oils in skincare formulations become a necessity.

The general knowledge about herbs as ingredients in personal care along with the understanding of skin functions can open unlimited possibilities for people to choose a proper skin routine, free of side effects.

A natural and organic treatment for the skin has the same importance for your inner health as a natural and organic food. The natural and organic skin care routine becomes the new way of finding the right approach to feed the skin.

Skin requires water, vitamins, minerals, essential fatty acids, proteins for its cells as much as your inner body needs them for a proper metabolic function of its organs. This is the natural and valid way of obtaining a younger looking skin for a long period of time while keeping the skin healthy.

The name natural or organic in skin care becomes very controversial since usually natural ingredients are mixed with chemical ingredients for the sake of nice and fluffy structure and for a long and strong preservation of the products.

If you are looking for a nice looking cream with white and fluffy structure you will never find it to be a real natural cream unless they contain bleach and/or stabilizers.

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One or two natural ingredients are not enough to start all chain reactions necessary to promote extended collagen and elastin production, or other vital metabolic reactions.

Many chemical ingredients in a formulation that also contain natural ingredients can induce oxidation of the last releasing free radicals that can damage the skin.

On the other hand, chemical substances can mimic similar structures with natural active constituents and compete for the same cell receptors. The result is the diminishing of the effects of the natural constituents.

Some chemicals are very difficult to eliminate from the skin due to their unrecognizable structure and tend to accumulate in different parts of the body and even block the skin pores makes the toxin elimination very difficult.

In conclusion: Be very careful when you choose a natural cream; be aware when you see more than

one or two unknown names (chemicals) in a natural product. Be picky as if you were choosing a proper outfit. Don't be tricked by fancy advertising. Look carefully at the ingredients of your skin care products as you would look for side effects on a prescription medication.

Budu has a Ph.D. in Cell Biology and a Master in Biochemistry. She is the Founder of Active Herbal Cosmetics and Skin Therapeutics (

<http://www.telbari.com>

). Her line of skin care products created only

of Certified Organic herbs and genuine oils represents her continue dedication to satisfy the customer needs for healthy and radiant skin.

Oily skin care

By Tania Jain

To start the discussion on oily skin care, it's imperative to first understand the cause behind oily skin. Put simply, oily skin is a result of excessive production of sebum (an oily substance that is naturally produced by skin). As is known to everyone, excess of everything is bad; so excessive sebum is bad too. It leads to clogging of skin pores, resulting in accumulation of dead cells and hence formation of pimples/acne. Moreover, oily skin spoils your looks too. So, 'oily skin care' is as important as the 'skin care' for other types of skin.

The basic aim of 'oily skin care' is the removal of excessive sebum or oil from the skin. However, oily skin care procedures should not lead to complete removal of oil. 'Oily skin care' starts with the use of a cleanser. However, not all cleansers will work. You need a cleanser which contains salicylic acid i.e. a

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beta-hydroxy acid that retards the rate of sebum production. Cleansing should be done twice a day (and even more in hot and humid conditions).

Most of the oily skin care products are oil-free; however, it is always good to check the ingredients of the product, before you actually buy it. This is especially important if a product is marked as 'suitable for all skin types', instead of 'oily skin care product'. 'Oily skin care' is also dependent on the degree of oiliness, if you aren't too oily, so some of these 'suitable for all' type of products might be work for you too. For extremely oily skin, only oily skin care products are suitable. Your oily skin care routine can include an alcohol based toner (for an extremely oily skin). This can be the second step in your oily skin care routine i.e. just after cleansing. However, excessive toning can harm your skin.

The next step in your oily skin care routine can be a mild moisturiser. Again, the degree of oiliness of your skin will determine whether you need to include this in your oily skin care routine. If you do decide to include a moisturiser, be sure to use one that is oil-free, wax-free and lipid-free. You could also use a clay mask (say once a week) as an oily skin care measure.

As far as the oily skin care products go, you might need to try out a few before you arrive at the one that is really suitable for your skin.

In case these measures don't give you the desired result, consult a good dermatologist for advice. He could prescribe stronger oily skin care products like vitamin A creams, retinoids, sulphur creams etc , which can help counter the problems of oily skin.

Tania for <http://www.ultimate-cosmetics.com> . Find lots of makeup and beauty tips here with loads of information on

skin care

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