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Beauty Consultant on Skin Care Basics

By Sheila Dicks

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by: **Sheila Dicks**

If you're like many women you are confused about how to choose the proper skin care. Or maybe you have some knowledge of what is available but you are not sure what is a good choice for you. Cosmetics come in many forms and deciding which is good for you is often a matter of personal taste. However, in order to make a good decision here is some basic information that you should know.

Cleansers: Are used to cleanse the skin of impurities and restore it to its natural oil balance.

Types of Cleansers Soap: Almost everyone uses it. If you have dry or oily skin be sure your soap is helping correct the problem. Medicated soaps are meant for acne and problem skin, hypoallergenic soaps are meant for sensitive skin and there are drying soaps for oily skin and oily soaps for dry skin. If you have problem skin it is best to see a dermatologist. **Liquid Cleansers:** Are made for all types of skin. A good cleanser goes deep into the pores to loosen and lift excess oil and makeup. **Creams:** Are used for dry skin **Pad Cleansers:** Are thick wad of absorbent material and are good for touch ups throughout the day. **Grains:** Are coarse cleansers that are used for oily skin

Refreshers: Are used to complete the cleansing process. They help tone; sooth and rehydrate the skin keep complexions clear and clean.

Types of Refreshers: **Astringents:** Are meant for oily and normal skin types. They usually have alcohol as an ingredient that will stimulate the complexion and close the pores. This is not a product to use on dry skin. **Toners:** Are mild refreshers and are meant for normal and dry skin. **Fresheners:** Are recommended for dry, sensitive or problem skin.

Moisturizers: Replenishes moisture and nourishes the skin.

Types of Moisturizers: **Moisturizers for normal skin:** Helps maintain the moisture in normal skin. **Moisturizers for dry skin:** Helps restore skin's natural moisture balance. **Oil Control Moisturizers:** Help

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control excess oil and prevent blemishes Emollients: Are rich creams suited for extra dry skin that replenishes the natural supply of the skin's oil. This moisturizing cream forms a protective shield that minimizes moisture evaporation and allows increased hydration of dry areas.

Masks: Exfoliates dead surface cells as it hydrates and moisturizes the skin.

Types of Masks: Facial Masks for normal to dry skin: Help relax facial muscles and remove dry flaky skin. Facial Masks for oily skin: Refines skin's texture and deep cleans to help control surface sebum.

Pore Packs: Are designed to eliminate blackheads and reduce blemishes. Mostly used for oily skin.

Foundation Protection: Foundation protects the skin by keeping moisture in and dirt out with the added benefit of a flawless finish. This is a step that some women skip because they don't quite know how to apply it and are not getting the right look. A couple of suggestions: make sure you have the type that is compatible with your complexion, test the color on your jaw line and it should be the same color as

your complexion and make sure you have exfoliated (if not the foundation will show up as flaky).

Types of Foundation: Full Coverage: used for normal to dry skin for extra hydration. Medium Coverage: used for normal to oily skin.

Whatever your skin type take care of it by keeping it clean. Cleanse, tone and moisturize every morning and every night. Irregular or improper cleansing causes skin problems and makeup that is left on the skin will dull the skin's surface; while oil and dead skin cells will clog the pores and cause blackheads.

Sheila Dicks is a wardrobe and image consultant who teaches women how to look slimmer by dressing to suit their body type. Visit her at

to download a copy of her

e-book Image Makeovers and get How to Build a Wardrobe free.

The right Beauty Supplies Will make you look Great!

By Mike Yeager

Use beauty supplies the right way and yours could well be the face that launched a thousand ships! Growing old may be mandatory, but looking it certainly isn't. It's just that one has to do it right. But that's exactly what's difficult. The mind boggles with the onslaught of unending types of beauty supplies, countless makeup and enticing brands. Am I using the right beauty supplies? Am I doing it correctly? What about side effects? Thankfully, makeup tips are not very difficult to find.

Trust the beauty supply expert.

Generally, you can always trust a beauty supply expert. And thankfully, one is almost always available without much trouble. The media abounds with beauty supply tips. And then there are brands that you can trust your skin with. Or use exotic mineral beauty supplies that are a great alternative to chemical beauty supplies. They use natural ingredients and causes less damage to the skin. Over a period of time, the presence of wrinkled skin could make that vital difference between skin that used regular beauty supplies and skin that used natural beauty supplies.

Beauty supplies today not only means enhancing beauty that is skin-deep, it also means preservation of skin nutrition. After all, our skin is the largest organ of our body and needs adequate nutrition like any other organ. Consistent, healthy skin care is the best way to avoid wrinkles, sunspots and premature aging. It will pay off in the end. We spend our hard-earned cash on beauty and skincare. Lets make sure that its main beneficiary is our skin, not skin care product manufacturers.

Mike Yeager
Publisher

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