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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Beauty From The Inside For Sensitive Skin**

**By Tina Titas**

If you have sensitive skin you may find that many of the treatments you try are too harsh for your skin. While other women are buying skin care products with vitamin C or anti-oxidants, you are using the mild brand with no anti-aging benefits.

So, what can you do about it? How can you, with your sensitive skin, get the same anti-aging effects that other women are getting?

Rather than applying expensive anti-aging products on your skin, you can eat them. Now, of course, I don't mean for you to eat your expensive night cream or any other store-bought skin products, but you can eat the effective ingredients in them. Since your skin is your largest organ, the benefits of eating the ingredients will be similar to applying them directly to your skin.

Here are some ingredients you can start with.

**Green tea:** There are plenty of skin care product now that contain green tea. You'll hear about green tea everywhere and it's now in many brands of skin care. However, if you have sensitive skin and can't use those products, then you can drink green tea and have the same effects on your skin. Plus, the bonus is that you'll be benefitting every other part of your body as well. Some of the other benefits of green tea are weight loss, lower cholesterol, and possibly a lower risk of cancer.

**Cucumbers:** An increase in fruits and vegetables in your diet can have a positive effect on the overall appearance of your skin. Increase your vegetable intake and your skin will thank you. The side effects of this option? Well, you may lose some weight and feel more energy, but that's not such a bad thing, is it?

**Vitamin C:** Take a supplement or increase your intake of oranges and other fruits. The anti-oxidants in them are wonderful for your skin.

Remember, your skin is your largest organ. Take care of it by feeding it well, whether you're putting products on it, or feeding your body with nutritious foods. And, for those of us with sensitive skin, we'll

be saving a fortune, avoiding those expensive jars of cream and instead heading straight for the grocery store produce aisles.

Tina Titas is a columnist for several health-related publications. She recommends

[http://www.EasyNaturalRemedies.com/skin\\_care.html](http://www.EasyNaturalRemedies.com/skin_care.html)

and

<http://www.MyBeautyRecipes.com>

for

natural skin care that you can make with ingredients in your kitchen cupboards.

### **The Different Skin Types – Which Skin Type Are You?**

#### **By Ryan Cote**

The way your skin behaves and reacts determines the type of skin you have. Basic skin types include oily, dry, combination, normal and sensitive. The skin on your face is the best guide to classifying your skin type.

An easy way to find out what type of skin you have is to cleanse your face, wait for an hour and then take a tissue and wipe your forehead, nose, cheeks and chin. If the tissue picks up oily residue from all these areas, you have oily skin; if it picks up oil only from the forehead, nose and chin (T-zone), you have combination skin; if it picks up dry, flaky skin, you have dry skin; and if you do not find oil or flakes, you have normal skin. No matter what type of skin you have, cleansing and moisturizing twice a day is an important part of having healthy, attractive skin. Choose products that are designed for your particular skin type for maximum results.

Beyond the basic skin types, you may also have sensitive skin. Although sensitive skin is often dry, any type of skin can be sensitive. Sensitive skin is usually thin, delicate, reacts quickly to hot and cold temperatures, is easily subject to sun and wind burns and is prone to allergic reactions. Cleansers, detergents, cosmetics, alcohol-based external products and temperature changes can make sensitive skin red, dry, itchy, blotchy and even reveal surface veins. The most favorable type of products to use on your skin are fragrance-free and non-comedogenic (non-pore clogging) with a sunscreen with an SPF of 15 or more. Before using any product, it is a good idea to test it on the inside of your wrist to see if your skin has any reaction to it. Always choose mild cleansers and use a soft towel on sensitive skin.

Knowing the different skin types, and which one you have, is the first step toward choosing a skin routine that makes you look and feel your very best.

Ryan Cote is the owner of

<http://www.ChinaDollSkin.com>

, a website providing spa-quality, professional

skin care treatment products that will make a difference in the appearance of your skin. Free resources available as well.



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