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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 Guide To Cleansing, Toning And Moisturising

By Laura J Robinson

We all want skin that looks and feels young and healthy. A good cleansing, toning and moisturising routine is essential for keeping your skin firm and youthful. The following is a guide to cleansing, toning and moisturising that should be undertaken daily.

Cleansing

A good cleansing routine is needed to remove makeup and dirt. Not removing makeup up and dirt on a daily basis can block your pores which can lead to an outbreak in spots. Cleansing should be done twice a day. If you cleanse too frequently though, you can strip the skin of its natural oils, which will make those with dry skin have even drier skin. It will also make those with oily skin have even oilier skin, as the glands will become more active to replace it. Therefore it is best not to cleanse more than twice a day.

Before you start to cleanse, you should wash your hands thoroughly to remove any dirt or grease that might have built up.

Eye makeup (such as mascara and eye shadow) can be removed using cotton balls or pads to apply eye cleansing lotion. With your eyes firmly closed, gently wipe across your eyes until all your eye makeup has been removed.

Makeup can be removed as follows. Generously apply cleansing cream to your nose, chin, cheeks, forehead and around the top of your neck, then massage the cream into the skin. You should particularly concentrate on the corners of the mouth, the creases near the nose, the chin (which is especially prone to blackheads), and around the neck. After you have massaged the cream in thoroughly, take a moist cotton pad, and start removing the cream from your face. Work from the sides of your face inwards to avoid rubbing cream into your hair.

Toning

Toning is the process of removing dead skin cells from your face, as well as removing any dirt, makeup or cleanser that may remain after cleansing. By toning, you will help keep your skin clear and firm, as toning leaves you with a layer of new healthy skin cells on top.

With cotton pads, apply toner around your nose and chin. Then apply toner across your cheeks and across your forehead.

Moisturising

When skin is exposed to the elements, it can lose its natural moisture, and you can be left with dry skin. The skin being depleted of its natural moisture can be one of the main cause of wrinkles. Moisturising replenishes the skin's natural moisture which helps prevent dry skin and the formation of wrinkles. Moisturising can also act as a barrier to the elements. Many moisturisers now have some sun block in them, and can be identified as such by their SPF value, which should be stated on the packaging. Unless you have very dry skin, always use a light moisturiser.

Using your finger tips, apply the moisturiser lightly to your face. You should start by rubbing the cream into your forehead, and working outwards from the centre. Gently apply the cream around the eyes, making sure you don't get it too close to them. Massage the cream into your cheeks and around your jaw line, around your chin, then your mouth and nose, and then around your throat and your neck. Don't apply too much moisturiser, as this can prevent your skin from breathing.

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How To Deal With Acne

By Robert Michael

People who suffer from acne know that it is no laughing matter. Having bad acne can lead to shyness, under-confidence and insecurity so any product on the market that promises to solve acne problems is sure to be popular. However, if you are an acne sufferer then there is some good news; when you are in the later years of your life, your skin will be wrinkle-free. This is because acne sufferers have oily skin and these active oil glands will be of great benefit in later years when the skin loses its elasticity.

Acne is usually found where the oil glands are more active and where the skin has more pores. The pores are the holes where the body hair comes through, and the oil glands that are around these pores secrete sebum. The sebum may be produced in excessive amounts and this combined with any grime that is on the skin, will develop into acne.

The other thing to remember about acne is that it will clear up. Most people do suffer with acne when

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they are a teenager, but the acne will lessen as you get older, and having wrinkle-free skin in the later years in life is a great thing to look forward to!

Many people will try an array of products to try and get rid of acne. But you do not need to use expensive toiletries or cosmetics to help acne. There are a few basic things that you can do to help clear up acne and calm the skin down. Firstly start with a cleaning regime that you do everyday. By strictly keeping the skin clean, by cleansing toning and moisturising you will help your acne. You don't need to use very expensive products for this; just by cleaning and toning your skin everyday should help with your acne.

The other thing that you can do to help with acne problems is look at your diet. It is always important to have a healthy diet, and this can be of great importance where acne is concerned. Make sure you have a varied diet and eat an array of all of the food groups.

Drinking plenty of water and eating a lot of fruit and vegetables will help not only your health but also your acne. Another great way to combat acne is by doing exercise. Increasing the blood flow to the skin will help with acne, but it is important to remember to keep clean when exercising and shower before and after.

If you make these simple changes to your life you will feel the benefit and you will also see an improvement to your acne. Acne can be a real problem but if you do all that you can by changing what you eat and how you exercise you will soon see an improvement in your acne. It's important to remember that acne does not stay forever, so no matter how bad you think your acne is now, it will get better.

Robert Michael is a writer of Lowr Acne which is an excellent place to find acne links, resources and articles. For more information go to:

<http://www.lowracne.com/>



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