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Do You Know Why Personal Skin Care Is A Routine?

By Ray Andrew

I hope this article helps you understand a little more about the reality of skin care and how you should go about taking your first steps toward a healthy skin.

There is no doubt on the importance of skin care. The opinion on how-to (for personal skin care) differs from person to person. Some people believe that going to beauty parlours every other day is personal skin care. Many people believe that just applying some cream, lotion or something else to your skin, every now and then, will solve their problems. Then there are people who think that personal skin care is an event that happens once a month or once a year. Still others busy themselves with 'personal skin care' all the time. However, personal skin care is not that complicated and neither is it that expensive (considering how beneficial it is). Personal skin care is following a routine or a procedure for attending to the needs of your skin.

You need to determine your skin-type, even before you start with a routine (oily, dry, sensitive, normal etc) and select the personal skin care products suitable for it (you might have to experiment with a few personal skin care products). Here is a routine that should work for most people with normal skin.

The first thing you must do on personal skin care routine is 'Cleansing'. The three main ingredients of a cleanser are oil, water and surfactants (wetting agents). Oil and surfactants extract dirt and oil from your skin and water then flushes it out, thus making your skin clean. You might have to try a couple of cleansers before you find the one that suits you the best. Actually, you should always use soap-free cleansers. Also, you should use Luke warm water for cleansing (hot and cold water, both, cause damage to your skin). Take care that you don't over-cleanse your skin and end up damaging your skin in the process.

The second thing on the personal skin care routine is exfoliation. Skin follows a natural maintenance process wherein it removes the dead cells and replaces them with new skin cells. Exfoliation is just a way to facilitate the skin in this process. Dead skin cells are not capable of responding to personal skin care products but still consume these products, hence preventing them from reaching the new skin cells. Thus removing dead skin cells is important in order to increase the effectiveness of all personal skin care products. Generally, exfoliation takes it place just after cleansing. As with any personal skin

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care procedure, it's important that you understand how much exfoliation you need. Exfoliate 4–5 times per week for oily/normal skin and 1–2 times per week for dry/sensitive skin. Exfoliate a couple of times more in hot and humid weather.

Be aware that Personal skin care is something everyone should take care of since young, if not, when we get older we are going to see the results of not caring about ourselves.

Ok, Next thing on personal skin care routine is moisturizers. This is one of the most important and basic things in personal skin care. Even people with oily skin need moisturisers. Moisturisers not only seal the moisture in your skin cells, but also attract moisture (from air) whenever needed. Use of too much moisturiser can however clog skin pores and end up harming your skin. The amount of moisturiser needed by your skin will become apparent to you within one week of you using the moisturiser. Also, applying the moisturiser is best when your skin is still damp.

The last thing on personal skin care routine is sunscreen. A lot of moisturizers (day–time creams/moisturisers) come with UV protection - so you can get double benefits from them. Such moisturisers are recommended for all days (irrespective of whether it is sunny or cloudy).

Again, experiment with various personal skin care products and also with the amount you need to apply. What gives you best results is the best personal skin care recipe for you. However, if you have some kind of skin dilemma, it is best to consult your dermatologist before you actually start using any personal skin care products.

I hope that reading the above information was both enjoyable and educational for you. Your learning process should be ongoing—the more you understand about personal skin care, the more you will be able to prevent skin problems.

To find more information on how to take care of your skin visit:

<http://www.centerofskinhealth.com>

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

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cleanser. However, not all cleansers will work. You need a cleanser which contains salicylic acid i.e. a 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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