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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!**

## Dry Skin Care

By Sharon Hopkins

With too many roles for woman to juggle in today's fast paced, high pressured lifestyle, there is very little time for her to pamper herself.

With tension, worries, anxiety and age, the skin become less active leaving it drier, fragile, prone to wrinkle, lines near the eyes and mouth and losing the youthful colour and glow.

Failure of oil glands failing to release enough oils to moisturize and protect the skin results in dry skin. Environmental causes like dry air, harsh wind, hormonal imbalance, usage of aggressive chemicals, cosmetics or excessive bathing with harsh soaps saps the moisture from the skin making it dryer, flakier and chapped during winter.

### Caring for Dry Skin

- Cleanse and Moisturize: The dry skin should be cleansed with a cold cream and alcohol-free skin fresheners to remove the cream. After cleansing, the skin needs a lubricating emollient or a moisturizer when the face is damp after the wash.
- Splash your face with cold water or gently wipe the skin with rose water to tone the skin nicely.
- Avoid using highly alkaline soaps and detergents like washing sodas and powders.
- Avoid the sun, harsh winds and hot baths. Use oil-based creams and make-up products only. Use soft towels or wash cloth to avoid irritation to the skin while wiping it.
- Smoking deprives the skin of oxygen and nutrients it needs for good health making the skin dry and leathery.
- Chapped or cracked skin – increase consumption of water. Keep chapped areas well lubricated and protected from the elements using a good nourishing cream or moisturizer.

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– Use creamy, mild, pH-balanced products such moisture based cream gels, lotions, etc for dry skin care.

A well balanced diet of vegetables, fruits, grains, seeds and nuts provides the body with all the necessary vitamins and minerals needed for healthy skin. Drinking water and reducing solar exposure to a minimum is also beneficial. Garlic, onions, eggs and asparagus help to keep the skin smooth and youthful. Carrots, apricots, rich in vitamins A, C keep the skin supple. Increase intake of foods like leafy raw green veggies, dairy products like yoghurt, milk. Lessen fried foods, soft drinks, sugar, chocolates, junk foods, alcohol, caffeine and other foods that have diuretic effecting causing the body and skin to loose fluids, vitamins and essential minerals.

Sharon Hopkins manages natural skin care websites such as

<http://www.skin-care-at-home.com>

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will find information on how to deal with dry skin, causes and ways to take care of dry skin naturally.

### **Passing Time Makes Its Mark – Use Antiaging Dry-Oily Skin Care Products**

**By Burt Cotton**

We cannot stop the rolling cycle of time. But surely we can prevent it from leaving its parting signs all over us.

Yes, you can prevent your self from getting the aging marks by using antiaging products. The anti-aging treatments will make the show of your aging process less evident on your skin. The result will be that you would look much younger. Are you ready for all that?

As your age increases, your blood fails to manage the circulation speed it had shown before. This results in dehydration of your skin. In the body, the creation of collagen decelerates and this looses the elasticity of the skin. The years of continuous exposure to sunrays, harsh elements make wrinkles, lines and dark spots on your skin prominent. Aging also breaks blood vessels and decreases the production of hormones. Your skin grows to be thin and dull, with enlarged pores.

Now if your skin is dry or oily or have patches of both dry-oily skins, your problem will be grave. You need special skin care products that go well all-in-one- for anti-aging, dry skin and oily skin.

As you cross the age of 40 and your skin reaches maturity, the skin naturally starts to loose its moisture and elasticity. Now if it was dry and oily beforehand, it will develop wrinkles and lines, even more. So if you had dry, oily or dry-oily skin, it needs you to be more attentive to your aging skin. It is thus never late or early for starting taking care of the skin. Anti-aging dry-oily skin care products are the best that help you. You should select such skin care products that can provide you all the important

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nutrients for your antiaging dry–oily skin.

The anti–aging dry–oily skin care products moisturize, vitaminize the skin and act as anti–oxidants. They help the skin in restoring its natural moisture. It works to smooth the fine lines and wrinkles. If you regularly apply the antiaging dry–oily skin care products, it will make your skin soft and elastic and will also further prevent the new wrinkles. There will be no need for surgical or chemical procedures and your skin will be young and bright.

Aging is definitely a natural process but your skin's dryness and oily tendency may not be totally natural. Dry skin is the result of low sebum production in your skin's lower level. There are many factors that make your skin dry, like pollution, wintry temperature, less humidity and heating system. Moreover in many cases, you might not have dry skin before, but it can become dry as you age. You can feel the skin of your face tight, flaky and dull.

Dry skin adds more to the process of aging by pacing the development of premature wrinkles and lines. It goes right for the oily skin as well. Caused due to excess sebum production in the lower level of skin, oily skin has large pores. It sustains oily shine on its facade. This type of skin is more prone to develop blackheads, pimples, acne, whiteheads and breakouts.

The anti–aging dry–oily skin care products help you to trim down all the problems that you have because of aging dry–oily skin. They keep a balance between dryness and oiliness. Start the use of antiaging dry–oily skin care products today and forget all your skin related problems for good.

Burt Cotton

<http://www.anti-aging-natural-supplements.org>



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