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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!

How Should You Go About Treating Oily Skin?

By Sherry Frewerd

Oily skin sufferers everywhere share the same complaints against their complexion. Shiny, greasy

slime that makes you feel like you've fallen into a vat of Crisco is not fun, nor is it attractive. There are so many products on the market that claim to fix the problem, but do they really? Do these wonder products actually remedy the problem, or do they do little more than just sop up the slime temporarily until a short while later you're back to the same uncomfortable situation.

There is a solution to the oil prone skin sufferers' dilemma. But first, you need to know a little more about the science of why your skin is oily in the first place. Simply put, your body produces too much sebum, the natural skin moisturizer. As more sebum builds up, you experience the uncomfortable oily condition that you desperately want to prevent. By not treating the build up properly, your complexion retaliates by producing more shine, pimples and blackheads, and eventually leaving enlarged pores and an unhealthy complexion overall.

Knowing this information, and realizing that the problems lies deep within your body rather than simply sitting on the surface of your skin, you can better design a plan of attack and proper treatment. Although you may never completely `fix' the issue, you can learn to maintain it. On the flip side and a bonus for oily skin types is that people with this type of skin tend to show fewer wrinkles and other signs of aging on their face since oily skin keeps its elasticity throughout the years. You may think your lucky stars when you're 65 years young!

Until then, what simple, effective steps can you take to control oily build-up and improve your skin's appearance? First of all, do not over wash your face. This will do little more than further aggravate the problem as the over washing will strip your skin's natural oils and send a red hot flare signal to your glands to `make more oil fast'! Just doesn't make sense does it?

Your goal in oily skin control is to create balance by washing your face daily with a mild, oil free cleanser. If you can find one containing alpha hydroxy acids, you'll be able to remove dead skin cells and make your face appear fresher and healthier. Follow with a mild toner and oil free moisturizer and you'll be good to go.

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If you wear makeup, then by all means choose a product that is oil-free, ideally a product such as Marlo Minerals, a natural mineral makeup that comes in a powder form, and contains only natural ingredients that will not clog your pores or aggravate acne prone skin. Your skin, oils and all, will work with the product, and many people report an improvement in their complexion overall after using mineral makeup for a few weeks.

Along with proper cleansing and product choices such as cleansers and makeup, you can make a difference in the amount of oil your body produces by watching what you eat, and by choosing foods that are low in fat such as fruits and veggies, and of course by drinking the recommended amount of water daily. By making these simple changes, you can take strides toward controlling the oily shine on your face and improve your health and well-being at the same time.

Sherry Frewerd publishes websites on various subjects from recipes to mineral makeup to toddler learning. Stop over to

<http://naturalyoumineralmakeup.com>

for some helpful and fun natural remedies,

tips and product suggestions. Forget the Botox, talk to Mother Nature today!

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 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

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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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