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Impair Healthy Healing In People Over The Age Of 30!

How To Care For Skin In Winters?

By Burt Cotton

The falling of the leaves, the early sinking of the sun and the disappearance of ants... what do all these things convey? Well, you guessed it right; these things convey the onset of winter. It's time, you need to protect yourself from the chilly weather, the teasing sun and skin damage.

In fact, winter season is the major cause for skin drying as the cold winter air is less humid than the warm air. Moreover, the harsh chilly winds make the conditions even worse, as they cause the moisture of the skin to evaporate very quickly. And above all, the indoor conditions can prove equally bad for your skin and the complexion during the winters.

During winters, most of the people insist on indoor heating through heaters or fire places. This indoor heating proves extremely bad for the skin. The warm air tends to pull moisture from the air and makes the environment dehydrated. It even pulls the moisture from the skin. The skin glands start becoming smaller and eventually disappear. As a result of all this, the skin becomes dry. Now, if you want to protect yourself from this indoor heating damage, you should install a humidifier in the house. It would help to restore the lost indoor moisture and thus prevent the condition of skin dryness.

Moisturizers are your best friends during the winters. You should maintain a stock of nutrient rich moisturizing creams and lotions during the chilly season. You should apply moisturizers on your whole body, where face and hands are a must. If you have dry skin you should go for heavier applications of moisturizers. The recommended usage of moisturizers on the face is at least 3 three times a day. During winters, it is recommended that you stay away from soaps and use body washes for bathing purposes. You can use luke warm water instead of hot water as the latter would dry up your skin. You should give your body an application of moisturizers after taking a bath, as to restore the lost body moisture.

The lethality of UV rays becomes stronger during the winter season as the UV rays reflecting off the snow can cause severe damage to the skin. Before moving out in the winter sun for snowboarding or skiing, it is recommended that you apply a sunscreen lotion to protect your skin from UV damages. You should also wear sunglasses as the UV rays can also damage your eyes.

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Dry lips are a common problem during the winters. You should protect your lips from the cold winds by applying moisturizing lipsticks regularly. In fact you should make a habit of applying lipsticks so that your lips remain protected throughout the day.

If you are an avid lover of sauna, it is advisable that you quit taking it during the winter season. At spa or gym, you can consider using a steam room instead of dry sauna bath. However, before taking a steam session, you can apply Vitamin E oil, which would make your skin soft and glistening after you come out.

You should consider eating fatty foods during the winters. As the oil and moisture evaporation from the skin is very high during winter, the intake of fatty foods can revitalize and rejuvenate your skin as well as your body.

Exfoliation during winters is equally important as you need to smooth away the dry patches from your face and body and prevent them from occurring again.

Considering all these aspects in mind, you would certainly protect your self from the winter season and maintain a soft and glistening skin.

Burt Cotton

<http://www.anti-aging-skin-care-product.org>

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

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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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