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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!

IHD – Serious SKin Care

By John Russel

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Serious skin care vs. winter weather, cleansers, and stress. Serious skin care fights the moisture stolen from skin. The latest intensive creams are like dryness police, working night and day to protect and replenish.

When it comes to moisturizers, they can be too rich or too thick. Serious skin care goes well beyond cold cream and petroleum jelly, today's skin care products are remedies for dry skin and are packed with sophisticated ingredients. Now, natural skin care companies think they have fixed the final frontier, the ten–ply cashmere of hydration: super rich, long–lasting, and ultra–healing.

Dry skin is a probably the most common complaint. In a recent survey, 60% of a sample of women cited it as their top serious skin care concern, even ahead of wrinkles. Over 70% said their body was dry in winter and 40% said it was their face (vs. 34% and 15%, respectively, in the summer).

Since the 1970s, scientists have reported a global rise in the frequency of dry skin. Nobody knows why for sure. Part of the answer is linked to the increase in people's exposure to chemicals, pollution, and acid rain. Our hydration expectations have shifted from flawlessly powdered, matte skin to more realistic dewy complexions.

Serious skin care experts also state dry skin is a topic that is commonly discussed. There is no standard definition for the condition. Even if you recognize it only by its symptoms: scaling, tightness, lines, irritation, and itchiness. The immediate cause is a disturbance in the skins outermost layer, which is made up of skin cells and lipids, fatty substances that help maintain moisture in the skin. When the balance of lipids get upset, the skin loses water, and skin cells, normally shed unnoticed, accumulate as white flakes.

Serious skin care experts say many dry–skin sufferers inherit the condition, but stress can also be a trigger. In a recent study, researchers found when people reported high anxiety levels, their skin's permeability barrier (which retains moisture and repels irritants) was slower to recover after tape was applied to their skin and ripped off. The sale of specialty skin care products exploded when the study

was understood.

Age is another cause of dry skin, since lipid levels decline over the years, especially when levels of estrogen drop during menopause. While teenage girls need to moisturize infrequently, the skin's need for lubrication asserts itself a decade later. A client of a skin care products company says, "My roommate in college would moisturize after every shower, and I remember thinking she was like an exotic dancer, always having to oil herself.

The environment, including harsh winds, sunlight, and central heating also removes moisture from the skin. But the real harm comes from Americans' increasing indulgence in their favorite daily ritual. Younger women often shower two or three times a day, using harsh cleansers (and not moisturizing). The body just can't take it. Soap strips away lipids, and if lotion is not applied after a shower,

evaporating water causes a rapid loss of moisture from within the skin. Not only is dry skin unappealing and itchy, but as its condition deteriorates, the skin become more vulnerable to bacteria, allergens, and chemicals. These, in turn, worsen the problem, causing the skin to relinquish more water and repair itself less and less effectively. IHD brings you Also with calming botanicals, DNA restorative enzymes, and age-fighting Gen III ingredients from advanced bio-technology. Also blended are the latest free-radical fighting vitamins and botanicals (vitamins A, D, B, and C, Japanese green tea extract, ginko biloba extract, and echinecea purpura).

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None

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 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



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