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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!

Learn How to Shower To Keep Your Skin Healthy

By Rudy Silva

Everyday you wash, shave, shampoo, clip your nails, wash, and dry your hair. Personal grooming,

for most people, is a series of well-entrenched habits. And in most cases it is over done. Would you be willing to change your routine if doing so made your skin look more attractive and created a better-looking you?

Most adults whom are over thirty commit one big mistake when it comes to washing: The do too much of it. They shower in the morning, another after the gym, maybe even one before bedtime. If you spend twelve minutes in the shower, that's too long. Cut your time in the shower to five minutes for your skin's sake.

Too much washing results not just in cleanliness but in removing too much oil from your skin, and itchy and irritated skin, particularly in the winter months.

If you are using a shower without a water filter and with the steam build up, you are subjecting yourself and your skin to excess chlorine.

Below are bathing tips that you can benefit from:

1. Avoid using a washcloth on delicate areas, especially the mucous membranes. Do use a soft sponge to massage your skin. Use a glycerine soap and sponge and move in one direction toward your heart.
2. Use medium-warm water in the shower, the cooler the better, but not too cold.
3. If you have normal to dry skin, use Dove Unscented or Basis for Sensitive Skin on your body and either a soap free cleanser or nothing at all on mucous membranes. Do use many of the commercial bar soap, since they are harsh on the skin.
4. If you tend to have oily skin, then use good glycerine soap. I use this type of soap and it removes just enough oil without drying my skin.

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5. Skip a shower as often as you can. This may not seem like appealing advice but the more time you have in between showers the better. Skip a shower for a whole day once or twice a week, especially in the winter. Allow your skin to produce and maintain its natural oils. Or if this does not appeal to you, make your shower extra short on some days.

6. Make sure you use shampoos that contain mostly natural ingredients. A lot of commercial products contain synthetic chemicals, petrochemicals, and various dyes and artificial coloring. All of these un-natural chemicals are extremely bad for you health. Learn which chemicals to avoid.

So that you can improve the health of your skin, takes some time to look over your shower habits, Decrease the time in your shower, use a water filter to remove toxins from the water, massage your skin, and use only natural products for your skin and hair.

Rudy Silva is a natural nutritionist. If you want to learn more about which chemicals to avoid in skin care creams and how to take care of your skin go to:

<http://www.for--you.com/SkinCareTreatment>

5 Minutes To Silky Smooth Skin

By Sara Faletta

Every woman wants smooth, soft skin, but not every woman knows how to get it easily. Silky smooth skin has a luxurious feel to it, and is extremely sensual and sexy. No wonder we all want it so bad! We want it because of how it makes us feel, and our partners want it because of how it feels to them.

Most Spas provide some sort of skin softening service where they can drench your skin in some form of moisture rich emollients. I recently got to learn one of the coolest skin softening treatments, where your skin is wrapped in chocolate! Can you imagine! What woman wouldn't want to be wrapped head to toe in chocolate?

If you didn't know, chocolate is a fat, and not to break the mood, but how the treatment is prepared, is they heat the fat and oil produced from chocolate, and mix it into another skin lotion base. Thus you have both the chocolate and the lotion working together.

Now I know we all can't rush out and get the amount of chocolate you need to do this at home. That would be way too expensive and impractical. Plus you couldn't rub it all over yourself and get every inch like they do at the spa. So what can you do to have the same silky soft skin without the expense? Here is all you need.

All you need to do is do what you do every day, just add one small ingredient to it. First, take a warm to hot shower, the hotter the better. Why? The heat from the shower not only relaxes your body, and

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soothes your muscles, but opens the pores of your skin all over your body.

Now shower as you normally would, but at the end, take a wash cloth and soak it with baby oil. With the baby oil drenched wash cloth, step out of the water enough to rub the wash cloth all over your body without being hit by the water spray. Once you have rubbed the baby oil all over your body, let the shower water drench your body for an extra minute, then get out of the shower.

If time permits, don't towel dry, but air dry instead. What you will find is the moisture from the baby oil is literally sucked up by your skin like a sponge, leaving you with softer, smoother skin! Give it a try after a long hard day, and I'm sure it will become one of your favorite bath time rituals.

Sara Faletta, a skin care treatment professional has a Beauty Tips Newsletter. For more information, visit

<http://www.conquering.com>



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