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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!**

**Skin Care Enhance Your Pretty Look**

**By Loraine Lesley**

Who doesn't want to look beautiful? Everybody wants to look pretty and fresh. Taking care of your skin is one way to achieve what you hope for. Whether we like it or not, beauty does seem to affect the ease and success of an individual's life. That's why no body wants to look pale, unhealthy and dull.

Perfect beauty is absolutely what you and all women desire. You can feel good about yourself if you have good look. Thus, skin care, hair care, and other beauty treatments should be on your program then. You will need some tips in order to make them successful. Here are some skin care treatment tips, given free just for you!

**Tips for Perfect Beauty**

There is no doubt that your skin needs special treatment since it is the body's largest organ. You may not know how to take good care of your skin, how frequent you should do it, and so on. Keeping the skin moist, elastic, and smooth is one of the best ways of skin care treatment. Look at these helpful tips below:

1. The first thing you must know about skin care treatment is to do it regularly. You can start it from the very easy way, like washing your hands and face with a natural soap or cleanser.
2. Which type of skin do you have? Dry, normal, or oily skin? Get to know your type and use appropriate skin care products for the treatment. Consult with your beautician if you're not sure about it.
3. Eat lots of healthy foods, namely fresh fruits and vegetables which act as great antioxidants. They are substances that prevent damage in the body caused by free radicals. Strawberries, cranberries, blueberries, tuna, and mostly seafood, as well as onions, garlic, and broccoli are great sources of food high in antioxidant.
4. Avoid smoking and stay away from alcohol. They are real skin enemies since they create wrinkles to your skin and making it dry.

5. Carry out proper treatments for your skin: clean your skin with water and free-chemicals cleansing products everyday, scrub your skin regularly to remove dead cells and smooth the skin, and moisturize it with skin lotion and cream containing high amount of vitamin E.

Those tips above are actually only a few of numerous skin treatments. You should maintain your youthful looks by always giving good care of your skin. Consuming vitamins and supplements is also a good way to do it. Don't forget to drink a lot of water and exercise regularly! Have a healthy skin, and of course a healthy living!

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why her object features practical articles and tips on Skin Care, Hair Care, and more. To discover more of her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>

### **Sun Tanning And Anti-Aging**

**By Grace Palce**

People enjoy the relaxing experience of tanning. And they also love its result, a fabulous bronzed skin. But exposure to the ultraviolet radiation, whether from outdoors or from tanning beds, will cause the skin to age considerably. The tanning process takes away skin oils that make the skin elastic and young. Tanning can lead to the appearance of lines and wrinkles. And frequent tanning may make a person look older than his or her age. To prevent this undesirable effect of tanning, one should consider skin care products.

Skin care products are made up of cleansers, masks, toners, moisturizers, and sun blocks. The cleansers, which come as creams and gels, deeply clean the skin. The masks, which are also known as mud packs or exfoliants, peel off old skin. The toners, which should be non-stringent, remove stubborn dirt lodged in the pores. The moisturizers return the protective skin oils. Moisturizers should be different for various types of skins. And the sun blocks shield the skin from the damaging radiation from the sun or tanning bulbs. Then, there are also specialty skin care products such as eye creams that are meant to lessen facial lines, and lip protectors (for lips are special skin) that are used to prevent the lips from chapping due to freezing or scorching temperatures. Women have cosmetic foundations that have SPF (Sun Protection Factor), which range from SPF 5 to 15.

The range of skin care products seems overwhelming. But all these are important to give maximum protection for the skin. Professionals, such as models, actors and actresses, and salon owners, invest in such skin care products because the condition and age of their skin is vital to their jobs. As for regular guys and gals, the use of skin care products will enhance the beauty of their skin and slow down the process of aging. These products also contribute to the health and suppleness of the skin.

## Skin Care Enhance Your Pretty Look

The skin care products preferred by most consumers are those made from naturally occurring substances. Synthetically produced substances for skin care products and cosmetic products may create detrimental side effects. This is why most skin care products are composed of extracts from leaves, roots, flowers, and fruits. These botanicals are known to be safe.

Taking care of your skin may seem to take a lot of effort. But you only have one skin. You spend money on it so that it will have a perfect tan. But you must also invest in skin care products to protect your skin from the aging process caused by tanning and to keep your skin health and younger looking.

Grace Palce is writing articles for her own site about home tanning beds

<http://www.tanning-bed-secrets.com>

and articles about natural remedies for her other site –

<http://www.good-herbal-health.com>



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