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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 Problems – Lisa's Story

By Ken Black

Skin Care Problems and Solutions

Skin care problems, like sagging skin, wrinkles, brown spots, acne, rosacea, dry skin, or aging skin can affect your appearance and how others think about you. More importantly, it can affect how you think about yourself. Here are some solutions to those problems.

Lisa used to love going out on the town with friends every once in a while. It sure was a great stress reducer. But, then, Lisa started to experience skin problems, like skin blemishes (possibly from all that sun exposure earlier in life) and some wrinkles around the eyes (you can't stop aging you know) and elsewhere. It seemed like co-workers and others didn't talk to Lisa the same anymore and they didn't want to go out with her as much. What the heck was happening here?

What Happens to So Many People

Lisa's confidence dropped quickly and so did her overall looks. She stopped dressing smartly and professionally. She stopped exercising and for some reason, didn't care what she ate either. Within a few months, Lisa started to feel quite ill and started missing work, not to mention how older she looked. What was she to do? A trip to her doctor was a good starting point.

Skin Care Makeover and More

Her doctor was very sympathetic, but mentioned that in order for her to improve how she looked and felt, some actions had to be taken. Taking better care of her skin, losing some weight, and eating better would help. Lisa mentioned that dressing better might also be a good idea, since really successful women always looked sharp in every way. These steps just might do it.

After some effort and time, it worked. She got her life back, and like magic, people started noticing a new women. A new Lisa with radiant, clear, smooth looking skin, an attractive figure, and wearing a new sharp outfit, emerged.

The Result

Skin Care Problems – Lisa's Story

Success at work and in her whole life followed. It all started with improving the look on her face using advanced skin care products. Everything else amazingly flowed from that point onwards.

Conclusion

If you like the look of the person you look at every day in the mirror, it will affect your energy level and what you'll be able to accomplish in the rest of your life.

Don't give up on yourself. If you have problems, see a doctor if needed and get help. Pray also, because God does want to assist you, but you have to ask.

Lisa's story is only an example, but is a carbon copy of similar stories that are very common in today's society.

If you need some advice about weight loss or psychological distress, see your doctor.

If you need advice about effective skin care treatments, see your dermatologist, or visit

www.skin-care-reviews.com/reviews.html

for some honest answers.

I wish you all the best!

Ken Black, Founder:

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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.

Skin Care Problems – Lisa's Story

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

skin care

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