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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!

Sooothe That Sensitive Skin

By Wendy Owen

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Do you dread trying to find a cosmetic because you know that chances are its going to cause your skin to burn and turn red? Do you have a bathroom cupboard full of creams and lotions that you have only used once or twice because they reacted badly with your face? Then you have sensitive skin which is probably the most frustrating skin type to have. So how do you deal with it?

The main problems with sensitive skin are redness, burning, tightness, dryness and irritation. This skin type can also be prone to dermatitis, eczema or acne. The first course of action would be to find out if an allergy is causing the problem.

A dermatologist may perform a patch test to see if you are susceptible to one of the more common allergens. It may be an ingredient in a cosmetic, it may even be a dietary allergy or food intolerance. If allergy is ruled out then the problem is genetic and there are still several things that can be done to help the situation.

When buying any cosmetic always look for "Hypo Allergenic" on the label. This does **not** guarantee it won't react to you skin but it does mean that some or most of the common allergens have been omitted from the product such as sulphates perfume and some colors, check the label if not sure. Preservatives used to increase the shelf life of a product can be some of the main irritants. Put a little bit on a small patch of skin before spreading all over your face.

Try to find products that have fewer ingredients, the more ingredients in a product, the greater the chance your skin will find one it doesn't like! Avoid fragrances in anything you put on you face, it is an unnecessary ingredient and only included to make the product commercially acceptable.

Don't use exfoliants on sensitive skin, even the gentlest ones are still too harsh, ditto with harsh soaps. Forget toners and astringents that contain alcohol, they are too drying. Try cleansing only at night with perhaps a splash of warm water in the mornings, over-cleansing can irritate sensitive skins.

Soothe That Sensitive Skin

Do you live in an extreme climate? Extreme heat or cold can take its toll on sensitive skin as can strong winds and, of course, sun exposure. Try not to go outdoors more than you absolutely have to when conditions are extreme. Always wear a sunblock with an SPF of 15 at least.

Is there anything your skin comes into contact with regularly like pillowcases or towels which could be making the problem worse? Wash these in a low irritant detergent or pure soap and rinse really well. Don't use fabric softeners as these add fragrance – see if this helps.

It is also worth having a look at your diet. Do you love spicy foods? Try cutting them out for a week or so and see if this makes any difference. If so bring them back gradually and see if the problems re occur.

Omega oils can help sensitive skin, in fact all skin types benefit from these. They can be found in fish especially oily fish like salmon. Alternatively you can buy them in capsule form if fish is not your thing. Antioxidants like vitamin C and E will improve your skin from the inside and are worth taking if your diet is less than perfect!

Its hard to find anything good to say about smoking, this is no exception! Smoking replaces the oxygen in the blood with carbon monoxide, uses up Vitamin C along with a slew of other things which are bad for the skin and bad for your health. Try cutting it down if you can't cut it out completely

I guess this advice has seemed like a litany of "do this, don't do that!" There is no simple answer to sensitive skin. Try some or all of these tips and if nothing seems to help visit a dermatologist, they are there to help. .

Like to have better looking skin? <http://www.holistic-facial-skin-care.com> will give you detailed information on all facets of skin care. The author, Wendy Owen has had a lifetime interest in general and alternative health and skin care.

The Different Skin Types – Which Skin Type Are You?

By Ryan Cote

The way your skin behaves and reacts determines the type of skin you have. Basic skin types include oily, dry, combination, normal and sensitive. The skin on your face is the best guide to classifying your skin type.

An easy way to find out what type of skin you have is to cleanse your face, wait for an hour and then take a tissue and wipe your forehead, nose, cheeks and chin. If the tissue picks up oily residue from all these areas, you have oily skin; if it picks up oil only from the forehead, nose and chin (T-zone), you have combination skin; if it picks up dry, flaky skin, you have dry skin; and if you do not find oil or flakes, you have normal skin. No matter what type of skin you have, cleansing and moisturizing twice a day is an important part of having healthy, attractive skin. Choose products that are designed for your particular skin type for maximum results.

Soothe That Sensitive Skin

Beyond the basic skin types, you may also have sensitive skin. Although sensitive skin is often dry, any type of skin can be sensitive. Sensitive skin is usually thin, delicate, reacts quickly to hot and cold temperatures, is easily subject to sun and wind burns and is prone to allergic reactions. Cleansers, detergents, cosmetics, alcohol-based external products and temperature changes can make sensitive skin red, dry, itchy, blotchy and even reveal surface veins. The most favorable type of products to use on your skin are fragrance-free and non-comedogenic (non-pore clogging) with a sunscreen with an SPF of 15 or more. Before using any product, it is a good idea to test it on the inside of your wrist to see if your skin has any reaction to it. Always choose mild cleansers and use a soft towel on sensitive skin.

Knowing the different skin types, and which one you have, is the first step toward choosing a skin routine that makes you look and feel your very best.

Ryan Cote is the owner of

, a website providing spa-quality, professional

skin care treatment products that will make a difference in the appearance of your skin. Free resources available as well.



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