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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!

Summer Skin Care

By Natalie Katsman

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Just as winter weather makes us pay special attention to our skin, summer with its sun and heat has its requirements too.

SPF. SPF and more SPF. I know you heard a lot about it – but talking about summer skin care, I just have to remind you again.

However, SPF is only a small part of what you can do for your smooth complexion and healthy glow.

People with dry sensitive skin may notice that sun causes more dryness and irritation. In this case try to use herbal infusions instead of tap water when cleansing your skin. The best herbs are chamomile and sage – alone or in combination with linden blossoms. They will calm and soothe your skin. Having antibacterial properties, they will also prevent infections. If you spend a lot of time outside and feel that your skin is dry, soak cheesecloth in herbal infusion and leave it on clean face for a few minutes.

To make an herbal infusion you will need:

- 3 parts of linden blossoms
- 2 parts of chamomile
- 1 part rose petals
- 1/2 part peppermint leaves

Take 2 tablespoons of the herbal mixture and cover with 1 cup of boiling water.

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In hot days when your face is sweating, do not rush to wash it with water. First wipe it with a cotton ball soaked in sour milk or sour cream. After 10–15 minutes rinse with sage infusion or green tea. Then apply your favorite moisturizer.

Some women think there is no need to use creams during summer since the skin sweats and already looks shiny. This is a big mistake. Oil and sweat are two different things. Oil depletion makes skin vulnerable to wind, sun, temperature contrast and other environmental factors. In hot summer days sweat evaporates from the skin surface making it even dryer and

prone to injury or infection (read: acne).

Wrong day cream can also cause sweatiness. Too much moisturizer or night cream used during the day will make your skin feel hot and look too shiny. Try to choose a light cream that makes your skin feel comfortable without leaving an oily residue and apply it to clean skin to ensure the best absorption.

Cold water is an excellent skin toner for summer. In the morning apply fresh squeezed fruit or berry juice all over your face and neck. If your skin is dry or irritated, follow with sour cream or oil (olive, sunflower, almond). Now wash your face with cold water. Ice cubes will feel great on normal and oily skin, however if you have visible capillaries, ice can make them worse.

Fruit masks is another easy summer treat. If you do not have allergies, they can be used everyday. Active ingredients in fruits will freshen and clean your skin. For the best result use fresh fruits and berries and make just enough juice or mixture for one application. There are some general guidelines to follow:

1. Clean the skin first.
2. If your skin type is dry, apply a thin layer of light cream while the skin is still wet.
3. Soak a piece of cheese cloth in mashed fruit or juice and leave it on your face for 10–15 minutes (cut out holes for eyes in the cheesecloth to avoid eye irritation caused by fruit acids).

The mask can also be made with egg yolks, powdered oatmeal, or sour cream. For oily skin mix fruits with egg whites. If your

mask has a thick consistency, you may not need a cheesecloth.

Fruits you can use:

- For dry skin – apricots, grapes, melon, plums, bananas. You may add carrot juice to your mask, it is great for dry skin. The orangy color will disappear pretty fast.
- For irritated skin or if you have visible capillaries – parsley is the answer to your problems.
- For oily skin and enlarged pores – cabbage, cranberry, red currant.
- Tomato, cucumber, watermelon and orange juices will do good for any skin type.

After removing a fruit mask, it is not necessary to wash your face with water – wipe it with a cotton ball soaked in tea,

herbal infusion or cucumber juice.

When using masks, don't forget about your neck – it needs just the same attention as your face.

Have fun!

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Natalie Katsman is a co-founder of <http://www.natural-aid.com>, where you can find fine quality aloe vera products for beauty and well-being and subscribe to HealthySkin Newsletter filled with beauty tips, recipes and information on herbal healing, skin care and cosmetic chemistry.

Facing Sun Effects

By Roger Carr

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A secret has been revealed in the news over the past few weeks. I was a part of that secret. What was the secret you ask? Men are now using skin care products as a part of their daily activities!

I started a few months ago due to something I learned about myself. I had my picture taken. Not just a standard picture. I had my picture taken with a special ultraviolet camera and light that shows damaged skin due to excessive sun exposure. First they

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took a picture of my face with standard light. Although not a flattering picture, it looked like I expected. Then they took a picture of my face with the ultraviolet light. What did I look like? I looked like I had a face FULL of freckles. Only these freckles weren't the cute ones that would have showed up in the first picture. They showed that I have a significant amount of sun damage. I guess my early years of working and playing outside all summer long with little or no sun protection is catching up with me.

It is common knowledge that sun damaged skin will cause premature signs of aging skin (wrinkling, "leathery" appearance and feel, etc.) as well as being a cause of skin cancer. So, I decided to do something about it. One of those things is to take better care of my skin. I am using skin care products that have a sunscreen built in. These same products also contain enzymes that can help speed cell renewal in sun damaged skin.

Yes, the secret is out. I am using skin care products every day. My wife says my complexion is also better because of it. I look forward to having my picture taken in the future. Maybe my complexion isn't the only thing that is improving.

Roger Carr lives in Fredericksburg, Virginia and is a contributing author to the Sun Clothing, etc. monthly newsletter. Sun Clothing, etc. offers a full line of UPF and SPF rated sunprotection swimwear, clothing, hats, cabanas, sunscreen and accessories for the entire family. You can browse the store and sign up for the free newsletter at <http://www.sunclothingetc.com>.



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