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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!

The Secrets to Beautiful Skin

By Cheryl Haining

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The Secrets to Beautiful Skin

Everyone wants their skin to be the best possible. Here are some ideas and information to help you have radiant, healthy skin. Start a new skin care program now to ensure great results.

Background Information

Your skin is the body's largest organ. It weighs between two and four kilos, covers between one and two square metres and completely renews itself every seven to ten weeks.

Your skin reflects your state of health, being soft and smooth when well cared for, or dry and flaky when taken for granted. To be the proud owner of beautiful, soft, young-looking skin, you need to take care of it.

Tips on skin care

- Drink 2 litres of water a day
- Enjoy a diet rich in fresh fruit and vegetables
- Try to have a sound, restful sleep
- Take high quality supplements including a vitamin & mineral supplement and an Omega 3 essential fatty acids supplement
- Practice a daily skin care regime
- Know your skin type
- Exercise regularly
- Keep stress levels to a minimum
- Limit intake of caffeine and alcohol
- Avoid excess exposure to extremes of temperature

Daily Skin Care Regime

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Men as well as women will see a marked improvement in their skin if they follow a good skin care plan. Cleanse, tone and moisturise daily. Then exfoliate and use a mask a regularly.

We all need to cleanse our face and neck, morning and night. The accumulation of dead cells, perspiration and make-up mixed with the grime in the atmosphere, clogs up our pores and results in a dull and lifeless appearance.

After cleansing a toner is used to remove the last traces of cleanser and tighten and tone the pores. Toner leaves the skin feeling invigorated and cool.

Next use a moisturizer. Pollution, sunlight, harsh weather, air conditioning and central heating remove moisture from the skin. This causes dry and dull skin. Two litres of water daily will hydrate your skin from the inside. You should also add moisture from the outside. A good moisturizer will help prevent your skin's moisture from evaporating into the atmosphere. All skin types, including oily, need moisturizers.

Extras to ensure a radiant skin

An appropriate exfoliant will remove dead cells from the skin's surface. This speeds up the production of new cells. It also improves blood circulation, which gives the skin a healthy glow.

Eye creams are designed for the sensitive areas around the eye. Choose one that reduces puffiness, dark circles and wrinkles.

It is better to use a day and a night cream. They have different formulations. This will improve skin elasticity, texture and appearance dramatically. During the night your skin needs a special cream to rehydrate and rejuvenate skin cells so that you wake up with a refreshed, softer complexion.

In the shower use a soap free body wash. This is gentler on the skin and cuts down on cleaning the shower recess!!

Apply a cream, or spray on, body moisturizer to your whole body after showering.

Follow this regime and you will have beautiful skin for the rest of your life.

Cheryl Haining is a skin care and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches at their optimum body shape, size and condition. Contact Cheryl at <http://trimlikeme.net/?refid=ea-27547> or email her at cherylhaining@yahoo.com.au

Beauty Secrets

By Kenia Morales

How many times have you looked at yourself in the mirror and wished you could change a minor problem? To look even more beautiful. Here are five helpful & easy ways to achieve beauty secrets.

Skin lightener

Lighten elbow and knee areas by scrubbing lemon juice and sugar. The lemon has a bleaching effect and the sugar will exfoliate the dead cells.

Shiny Hair

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hair mix fresh orange juice, water, 1 tablespoon Honey and any type of vegetable oil.

For plumper lips,

Apply lipstick and lip-gloss.

Add a dot of eye shadow in the center of your lips and blend carefully. You might also want to check out City Lips Collagen Lip Plumping Treatment.

Dark circles

Tired looking people do not look attractive cover under eye circles with make up. Choose a color that matches your skin shade, avoid getting lighter shades. We recommend TheBalm TimeBalm – Under Eye Concealer

Fake Tan

Get a tan without exposing your skin to harmful sun rays.

DuWop Revolution Tinted Body Moisturizer With SPF 15 and Shimmer

Kenia Morales is the publisher of online magazine

"For Every Aspect of Today's

Woman. Visit us to find a variety of women related issues and topics".

Beauty Secrets

Natural Cosmetics

Using the Right Skin Cleansers for Your Skin Type

Cleopatra's Beauty Secrets

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