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Uncovering Your Skin

By ChaChanna Simpson

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As people in our twenties, it is important to take care of our skin now because if we don't we will suffer the consequences later on in life. Just look at any person with bad skin, chances are they didn't take care of it when they were our age. But now that you have me looking out for our best interest, you don't have to worry about your skin looking like a block of Swiss cheese when you get older.

"It is important to know your skin type and its condition. Skin is treated according to oily, normal, dry, combination, acne and aging/mature," says Cynthia Walker, NYS Licensed Esthetician. If you don't know your skin type consult, with a dermatologist, esthetician or skin care therapist. You don't want to use a product for dry skin or your face when your skin type is oily. It will just mess up your skin. And make sure the products you are using are for use on your face and not your body. Even though it is all skin, products made for your body usually have ingredients that are too harsh for the face.

Here is a concise list of skin types and their causes.

- Dry skin is caused by using harsh soaps, exposure to dry climates, not drinking enough water, myriads of certain cosmetics, aging and dieting. Dry skin is classified into two types: Oil dry skin which occurs when the glands are not producing enough oil; Moisture dry skin happens when your skin is dehydrated because you are not drinking enough water.
- Oily skin develops when your body produces too much oil. "A few causes are imbalance or changes in hormonal levels, and a diet rich in fats and oils," says Walker.
- Combination skin has both dry and oily areas on the face, which is caused by an imbalance in the distribution in lipids.

Walker suggests that once you determine your skin type, buy a product line that includes a cleanser, toner, moisturizer and mask. Make sure you follow the instructions carefully as with any product and if you have any kind of irritation, discontinue use immediately and consult a professional, not your closest friend.

Some of you out there are creating your own skin care remedies, however, there are some products that are just hazardous to your face such as bar soap. I know it's cheap, readily available and you figure you can kill two birds with one stone. Please stop! And for you essential oil users, I hope you are not applying them directly to your face without diluting them with a carrier oil. It will help to soothe and

protect your skin since essential oils are highly concentrated and absorb directly into your skin.

But don't think that you can clean your face once a day and your job is done. It is imperative for you to cleanse your skin in the morning when you rise, and at night before you go to bed. In the daytime your skin will be protected from harmful elements. At night, moisturizing your skin will rejuvenate it. And for those of you who love sun tanning, let me reiterate what I know you have already heard; the sun is very harmful to your skin. "Overexposure affects the living cells and creates structural damage to the skin's elasticity and in some cases causes skin cancer," says Walker. In the afternoon, the sun's rays are the strongest, so if you must go out make sure you are always using sunscreen products. Unfortunately, the first 18 years of life we have already experienced the most damage, but it is not until we reach between the ages of 38–46 that we will start to realize it.

Skin care is not for women only! Men need to take care of their skin as well because women want something soft to touch too. According to Walker, men's skin tends to be oilier, and is coarser and thicker than women's. Men who don't moisturize their skin leave their pores open to the environmental pollutants and dirt, yuck! "Shaving can irritate the skin and cause abrasions, inflammations and ingrown hairs, and this condition can become aggravated if not cared for properly."

Now, I don't know about you but I learned a great deal in writing this article. From now on I am drinking water and washing my face twice a day. You won't to see me years from now and talk about how my skin looks bad. But I will be able to talk about yours?

ChaChanna Simpson is the publisher and editor of Twentity.com, the free ezine for twentysomethings, featuring cheap and free events every Wednesday. Subscribe today at www.twentity.com

Using the Right Skin Cleansers for Your Skin Type

By Donna Monday

Whether you have oily skin, dry skin, or normal skin, it's very important that you choose the right type of skin cleansers for your skin type to obtain maximum results.

There is a dazzling array of skin cleansers on the market including: Oil facial cleansers, lemon facial cleanser, low foaming facial cleansers, acne facial cleansers, and even facial cleansers for men. Looking at facial cleanser reviews online may help you find the best facial cleansers for you. However, you may just decide to make your own homemade facial cleansers.

Whether your facial skin cleansers are homemade or store bought, washing your skin helps it shed old skin cells and stimulates the new ones. If you're in your teens and twenties, your skin cells renew themselves very quickly. The older you get, the longer the cells take to renew. This can lead to buildup of oil and dirt, which can make skin look dull and flaky.

By gently scrubbing your skin's surface, you can speed up the release of new cells, which will leave skin looking fresh and young. Mildness and rinsing ability are important factors when choosing a

cleansing soap.

Dry skin types should use super fatty cleansing soaps with lots of moisture added.

Oily skin types should use a non-greasy, milky skin cleanser that leaves no sticky film on the skin.

Sensitive skin types should only use mild soaps with no fragrance or fancy ingredients.

Normal skin types can use any type of facial skin cleansers, homemade or store bought. However, you should make sure your cleanser rinses off easily with water.

Choosing the best skin cleanser for your skin type will ensure that your skin always looks fresh and beautiful.

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Donna Monday

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