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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!

Winter Facial Skin Care Tips

By Alexander Sviridov

Winter is here and the frost is not only nipping at your nose but the whole face. Fortunately, with a facial skin care routine that meets your exact skin care needs you can be on your way to healthy, radiant skin tone.

YOUR SKIN IS DRY OR SENSITIVE IF IT:

- Stings or burns when skin-care products are used
- Is easily irritated
- Sometimes appears red and inflamed
- Feels itchy, dry, rough and flaky

Facial skin care for dry skin:

Regular bath soaps clean well but are powerfully alkaline and irritating for both dry and sensitive skin. Clear soaps containing glycerin and alcohol may also be too drying. So, as an alternative of soap, dermatologists suggest a soap-free, sensitive skin cleansers. If your skin is very dry or sensitive, you may need to alternate a washable lotion with a sensitive-skin bar. After cleansing dry skin, apply a moisturizer that is light, hypoallergenic, preservative-free, all-purpose and water based. For extremely dry skin, moisturize with petroleum jelly or an oil-based lotion with 20 percent urea. After cleansing sensitive skin, apply a light, hypoallergenic, fragrance-free moisturizer, like Eucerin. To check your tolerance of the product, dab the moisturizer behind your ears for the first few days.

YOUR SKIN IS NORMAL IF IT:

- Is usually smooth and supple
- Is generally clear/blemish-free
- Appears neither dry nor oily

Facial skin care for normal skin:

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You're one of those lucky people whose face can take some abuse and still bounce back, looking fresher than ever. Almost any cleanser (from regular bath soap to sensitive–skin bars) will work for you. If you need a moisturizer — some people with normal skin don't! — choose a light, hypoallergenic, preservative free, all–purpose, water–based moisturizer after washing.

YOUR SKIN IS OILY IF IT:

- Has enlarged pores or blackheads
- Appears shiny and feels greasy

Facial skin care for oily skin:

Regular bath soap, morning and night, is fine for cleansing — your skin actually benefits from the drying effect of strongly alkaline bath soaps. If necessary, use an astringent pad at midday. Because

your skin is naturally oily, you may not need a moisturizer. But if you do, choose one that's noncomedogenic (won't cause acne) and either oil–free or water–based — Neutrogena or Aveeno, for example.

YOUR SKIN IS COMBINATION IF IT:

- Is oily on your forehead, nose or chin
- Is dry on your cheeks and around your eyes

Facial skin care for combination skin:

Dermatologists recommend one of two cleansing routines for women with combination skin. You can wash with a gentle facial cleanser in the morning and use an alcohol–free astringent on oily areas later in the day. Or wash with a soap–free cleanser on dry areas and with regular bath soap on oily areas. Treat dry patches as dry skin, then apply a water–based or oil–free noncomedogenic moisturizer to your entire face.

Skin care tips for every type of skin:

No matter how oily, dry or sensitive your skin, always clean gently. Use warm (not hot) water and your fingertips (not a wash cloth). Rinse well. Then use a towel to pat (not rub) your face dry. Wash your face no more than once or twice a day. After patting skin dry, apply moisturizer to skin while it's still damp to ensure that it is absorbed. Unless your moisturizer provides protection from damaging sun rays, consider applying a light sunscreen as well.

For further facial skin care tips, articles and information on acne and rosacea treatment, please, visit

Facial Skin Care

Guide and

Skin Care Tips

Blog.

Skin Care Tips For Your Type Of Skin

By Mike Zanov

With all the skin care tips and information today, you might think it's very confusing! All you want is what is best for your skin. It may be overwhelming for you to try to keep up with the constantly evolving technology.

Skin care tip #1 – your skin is unique. If your best friend uses "the most powerful product," it may do nothing for you, or you might even have a reaction to it.

Before you consider buying any over-the-counter skin care products, there are a few basic facts about your skin you must know. These include:

Your skin type. It is oily, dry, normal, sensitive, or a combination?

Your skin complexion. Do you have fair skin that burns easily or light to medium that may burn? Or do you have a medium tone that usually tans or a darker complexion the only rarely burns? Or is your complexion so dark that you never burn?

Your skin concerns. Do you want preventative maintenance to avoid premature aging? Do you have a skin problem, such as persistent acne, age spots, melasma or rosacea? You may also have large pores, sun damage, facial wrinkles or fine lines that require special attention. Do you have eye puffiness or under eye bags that will require special care?

Your personal habits. Are you a smoker? Do you spend a lot of time in the sun? Do you take a daily vitamin? Do you consume a well-balanced diet? All these factors will affect how you should care for your skin.

Skin care tip #2 - one of the most essential beauty building blocks is one's physical health. You should incorporate some simple, but very positive lifestyle habits as: exercise, water drinking and nutritious eating.

Skin care tip #3 - The basic steps to a flawless face consist of two key elements: cleansing and moisturizing on a regular basis.

Facial Skin Care Tips:

<http://www.facial-skin-care-tips.com/>

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Skin Care Tips For Your Type Of Skin

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Acne Skin Care Tips

Bryn Mawr Electrology/Aesthetics

5 Tips For Aging Skin Care

Tattoo Secrets

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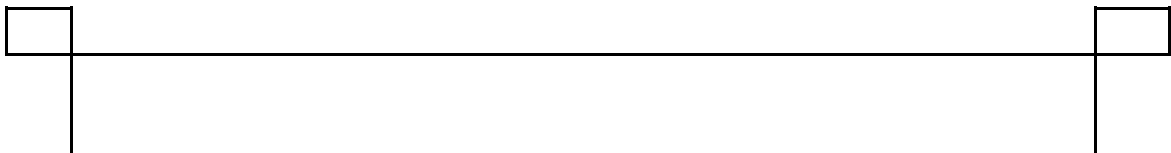
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