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Expert Skin Care Advice: Secrets to Healthy Glowing Skin

The skin is the largest organ of the body that is constantly exposed to dust, dirt and all sorts of harmful pollutants found in the surroundings. This makes it crucial for people to start taking skin care seriously. Not only is the skin vital to proper function of the body, but having healthy and beautiful skin can also do wonders in boosting people's self-confidence.

Achieving beautiful skin is not that easy. Skin care can be a complicated matter especially to those whose knowledge about it is limited to daily washing and avoidance of the sun. The truth is, skin care goes way beyond the usual routine of facial wash and sunscreen. It involves aspects such as acne prevention, anti-aging remedies, proper choice of cosmetics and the right beauty tips that will give you the correct definition of real beauty.

Here are some useful pieces of information that can help you attain wonderful skin you have always wanted for yourself:

Acne Prevention and Treatment

Pimples, zits, acne—it comes in different names but the end result is the same: horrific-looking skin. Avoid having to suffer with a terrible skin by knowing how to prevent and treat acne when they appear on your skin.

- Wash your face twice daily with warm water and a mild soap but avoid excessive scrubbing. It would be best to use a soap specialized for acne prevention or treatment. Avoid over-washing as this may lead to skin irritation and worsen acne condition. After washing, cleanse with a lotion or cream containing benzoyl peroxide to decrease oil and bacteria.
- Cease the practice of squeezing your pimples. Doing this can lead to more inflammation and swelling of the acne. It can even lead to unsightly scars on your skin.
- Avoid touching face with fingers to avoid contact with bacteria.
- Never sleep with your make-up on, and make it a habit to wash your face first before you doze off.
- Wear loose-fitting clothes if you are prone to acne. Tight clothes hinder sufficient circulation, which results to rapid development of acne.
- Keep your hair off your face and prevent transmission of dirt to your skin. Same with the fingers, the hair can also expose your skin to oil, dirt and bacteria that can clog your pores, which invites acne development.

- Wear sunscreen for the face and the body when going out into the sun. Choose sunscreen that has protection against UVA and UVB rays. Avoid sunscreen that has Para Amino Benzoic Acid (PABA) as many people are allergic to this substance.
- If your acne becomes out of control, be sure to consult a dermatologist immediately.

Proper Choice of Cosmetics

The cosmetics you put on your face can certainly do magic for how your skin would look like. However, it is very important to keep in mind that cosmetics can also be harmful if you do not exert care in choosing which type to use. Some popular brands of cosmetics and make-up have been found to cause certain skin diseases and other health problems. This is why, it is crucial that you only buy safe and healthy cosmetics that will contribute to the beauty of your skin.

Here are some tips on how to make the smart choice:

- Read ingredients of the product before buying. Do not buy a cosmetic product just because it has the label of dermatologist-tested or natural in front of the package. Look through the ingredients and study if these components are safe for your skin. When buying make-up, choose noncomedogenic and nonacnegenic brands. Avoid ingredients such as DMDM hydantoin, Imidazolidinyl urea, Parabens, "PEG," Triclosan, triclocarban, Triethanolamine, Hydroquinone, Oxybenzone.
- As much as possible, use only natural and organic skin products as well as cosmetics. For example, opt for moisturizers that have ingredients like apples, peaches, aloe vera, milk, apricot, and strawberry.
- Do not use old make-up or those that look or smell different from the time you first used it.
- Use petroleum jelly to take off hard-to-remove make-up. It is known to be very effective and best of all affordable.
- Wear light instead of heavy make-up. Light make-up can make you look good and more natural. It is also healthier for the skin. Whenever possible, give your face a break by not putting on make-up for a day or two every week.

Anti-Aging Secrets

People want to defy age as much as possible. If there was a fountain of youth, it would surely be the best-selling product. Since this fountain only exists in myths and legends, people have to content themselves in employing tried and tested anti-aging techniques such as the following:

- Stay away from cigarettes. Nicotine steals nutrients from the skin, which are essential for keeping its healthy glow.
- Include tons of fresh fruits and vegetables in your diet. These foods contain antioxidants that neutralize free radicals, and hinder the development of age-related diseases. Fruits and vegetables also have nourishing capabilities that can make your skin look younger.

- Avoid using or applying anti-aging creams that contain lactic, glycolic, AHA and BHA acids.
- Get plenty of sleep every time you have the chance. Eight hours of sleep is needed each day for the body to recuperate energy needed for the next day.
- Avoid too much stress. Get a massage, go out, go to the beach, meditate, relax, talk to friends, or just simply unwind. All of these can be a defense against aging since stress can easily make anyone look old and tired.
- Use a high quality sunscreen. Sun exposure leads to skin aging. So if you cannot avoid the sun altogether, use a sunscreen to minimize its effects on your skin.

Beauty Tips

The real definition of beauty is what is in the inside. That is true! However, people should also take care of their outer beauty because it is one of the things that give them confidence and self-esteem.

- Have a positive outlook in life. Beauty emanates from the inside. If all you have in your heart is hatred, depression, frustration and sadness, you cannot expect to have outer beauty even if you look like a Hollywood star.
- Practice good grooming. You cannot be beautiful if you smell bad, you do not take a bath, you have dirty fingernails or you have unruly hair. Good grooming is a vital step to beauty.
- Take care of your skin. With the right facial and skin care, you can show off a smooth healthy skin with a glow that will tell everyone how beautiful you are.
- Know that you are beautiful. You cannot feel beautiful if you think otherwise. Be confident of how you look and everything will follow.
- Keep it simple. Do not think that you can turn yourself into a goddess by wearing heavy loads of make-up on your face. Keep in mind that the simpler you are the better.

Skin care is vital to good health. Yes, looking beautiful can be a good motivation for taking care of your skin more effectively. However, also remind yourself that skin care is not only for beauty purposes but also more importantly, for a healthy well-being.