

Skin Care Tips

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Exfoliate, exfoliate

For a fast, at-home body exfoliation, mix olive oil with sea salt or sugar. Smooth over skin in circular motions all over the body, avoiding the breast area. Rinse off in the shower and apply your favourite moisturizer.

Body brush

Dry brushing your skin before a shower is a great way to stimulate the natural oil glands in your body. Using a natural bristle body brush, start at your feet and lightly brush your skin in a circular motion. Follow by a warm shower and slather your body with your favourite moisturizer.

Hand moisturizer

For regular, well-moisturized hands, keep hand cream on your desk at work or in the car. Apply the cream throughout the day to rejuvenate your cuticles and keep skin saturated.

Natural cleansers

Dip into your fridge for facial cleansers when your regular cleanser runs out. In a pinch buttermilk, yogurt and even cream are gentle, natural skin cleansers.

Moisturizer alternative

Instead of using a cream moisturizer after you bath or shower, rub almond oil (available at your local health food store) into your skin for a treat. Combined with a few drops of your favourite essential oil (peppermint, lavender or neroli) it will leave your skin smooth and supple.

Make shaving easier

An easy way to avoid razor burn after shaving is to moisturize beforehand. While shaving cream is the most popular method, try prepping your leg with hair conditioner for a few minutes before shaving. It will hold moisture on the leg longer and provide a very smooth shave.

Tired eye solution

Need to get rid of tired or puffy eyes immediately? Keep a spoon in the freezer and apply to eyelids for a few minutes to reduce redness.

Sunscreen

It is a must, essential for preventing sun damage and lowering your risk of developing skin cancer. Many skin care lines have facial moisturizers with SPF already included; they offer a more luxurious, makeup-friendly texture than traditional sunscreens. If you use only one product, sunscreen should be it. A lotion like Neutrogena's Healthy Skin Lotion with SPF 15 moisturizes, protects with SPF, and smoothes skin with alpha-hydroxy acids (AHAs) and vitamin C -- practically the perfect all-purpose face lotion.

Eye cream

The skin under your eyes is more delicate and dry than the skin on the rest of your face. It's wise to invest in an eye cream, which treats the eye area with more emollient moisturizers. Some eye creams even claim to minimize dark circles and temporarily tighten fine lines.

Retinols

If you're concerned with wrinkles and pigmentation spots, a face cream with retinol (a derivative of vitamin A) can help. Use it in place of your daytime, SPF moisturizer after you wash your face at night

Body lotion with alpha-hydroxy acids

A lotion with skin-sloughing AHAs smooths your whole body, including hands, feet, arms, and legs. For tough dry spots, apply extra lotion before bed and let it soak in while you sleep.