

Skin Care The Natural And Cheap Way

There are many skincare products on the market and it may overwhelm you to try so many of them. Some of them are very expensive and may burn a hole in your pocket if you need to try them for a period of time to be effective.

It is essential to take care of your skin. Most children's skin is beautiful and needs nothing more than the care of sunscreen when they go outside, but once they reach their teens, all sorts of problems begin to manifest. Acne is one of the problem. Even if you are fortunate enough to escape acne, you still need to take care of your skin. Most people know if their skin is oily or dry. Often skin that is a bit oily has dry patches in a T-section that includes the nose. If your skin seems dry and scaly here, you should apply moisturizer to it, but astringents to the oily part. The skin around the eyes is more tender and fine and should be treated with a product especially designed for it.

There are some fun and inexpensive products you can make from the ingredients you can find right in your kitchen:

If brown spots trouble you, use a vitamin C lotion under your make-up. This will help to neutralize free radicals that sabotage your skin after exposure to sunlight. Revlon has a sunscreen that contains vitamin C in it already.

Oatmeal paste.

Mix 2 tbsp oatmeal, 4 tbsp plain yoghurt, 1 tbsp lemon juice, 1 tbsp chopped parsley, and 1 tsp olive oil together. Massage into the skin, rinse off after about 4/5 minutes. This is great for oily or irritated skin. You can put a handful of oatmeal into the toe of your old pantyhose and use it to scrub your whole body, too.

Mask to treat wrinkles.

Beat 1 egg into 2 tbsp of milk. Wash your skin first then gently dab this concoction on. Rinse with warm water after 4/5 minutes. Add moisturizer.

From about age 30 the skin's natural ability to get rid of dead skin is impaired and this makes it look dull. Exfoliating your skin regularly, will keep it in good condition and help to create that translucent look. Look for products that contain alpha-, beta-, and poly-hydroxy acids. They will help slough off the dead skin, bringing fresh new cells to the surface.

Copper peptide is one of the newest patented ingredients that works against sagging. It is an antioxidant thought to stimulate the production of collagen and elastin in the skin.

Lastly, remember to remove make-up every night and cleanse with a gentle toner. If you do nothing to your skin will not be able to rejuvenate itself to a great degree, thus giving wrinkles and pimples to your face.

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About the Author

Joshua Poyoh is the creator of <http://skincarehelper.com>. He has suffered from acne and various skin conditions before. Now he researches into the area of skincare.