

## Tips For Women Best Skin Care Practice

Why do women put on themselves so much skincare products? They do it primarily to combat the signs of aging, and to maintain youthful looks and beautiful skin! For women wanting to look their best, here are some tips for women best skin care products.

Most women did not put much thought into what is in the products that they are using.

Dr. Myron Wentz, founder and chairperson of USANA Health Sciences, has this to say about beauty in the company magazine's June/July 2005 issue: "Some say that beauty is only skin deep. Nonsense! I believe that true beauty is a reflection of true health, and true health begins deep inside each and every cell in the body. But true health and true beauty have an outer component, which is why we require protection from environmental insults such as solar radiation, pollutants in our environment and the drying effects of air. . . And your skin can't be healthy if your are subjecting it to toxic substances that are ultimately absorbed into your body."

So, what can women do? How can they combat environmental pollutants, the affect of solar radiation, and the drying effects of air? How can they be sure they are using the very best products on their skin so they can be healthy inside and out? Here are some tips to help you:-

Use products that have regenisomes. Regenisomes penetrate the skin to speed cell renewal after sun exposure. They also use the light of photosomes to undo sun damage, and have ultrasomes to renew skin while sleeping.

Be very aware of what is in skincare products. Use products that are all natural as much as possible.

Look for products that contain Dermal Surface Renewal Technology. DSR smoothes away existing signs of aging such as laugh lines, crows feet, and dullness.

If possible, use products that are paraben free. Parabens are synthetic chemical preservatives that are widely used in personal care products such as shampoos, conditioners, hair styling products, make-up, facial masks, skin lotions and creams, and deodorants. They also are typically ingredients in baby lotions, shampoos, and other personal care products for infants and children.

In addition, parabens are in many foods and pharmaceutical products. Researchers are beginning to find parabens in benign and malignant human breast tumors. While some studies have challenged their toxicity in many products and question their long term affect on humans, using products that are paraben free can eliminate the risk of exposure to this harmful chemical.

Limit stress or learn to manage it effectively. Stress is harmful both emotionally and physically. Find that stress reliever activity that works best and use it on a daily basis!

Drink plenty of water! Water hydrates skin and hair as well as flushes toxins out of the body. I cannot emphasize this enough!

If you follow these tips, soon you will be enjoying beautiful and glowing skin.

Source: <http://www.articlecircle.com>

### 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.