

Skin Care Essentials To Weather The Years

Loss of skin moisture is related to structural skin changes that can be linked back to aging. The reduction of the protective skin barrier requires continuous attention. The less protection your skin has, the less moisture it retains, therefore speeding up the aging process.

A well balanced diet, adequate fluid intake, proper sleep and exercise are some of the most important factors in skin care. With the media revealing more than before, it is important to maintain healthy and protected skin. Most stars have a strict skin care regimen. Here are some suggestions to help keep your skin looking fantastic and young.

Letting your skin "breathe" is a frequently overlooked factor of maintaining healthy skin. Proper elimination of toxins, salts, and water from the pores is important. By blocking the pores in the skin, the skin becomes filled with substances that are unwanted and this causes the aging process to increase at an alarming rate. By keeping your skin well cleansed, the pores stay open and this helps keep the skin healthy.

Cleansing the debris from them can minimize the appearance of skin pores but the size of your pores cannot be changed since this is a genetic characteristic that cannot be eliminated. The pores are needed to help with proper elimination of skin toxins and help with the natural lubrication of skin. By keeping skin well cleansed and moisturized, your skin will be able to draw back water from the barrier and thus becomes more resistant to physical and chemical attack. Moisture is crucial in having healthy, younger looking skin.

When using makeup, proper care must be observed. Some makeup can clog the pores and trigger acne. Be sure to thoroughly cleanse the skin with a mild cleanser every morning and evening. Be sure to give your skin a rest from makeup once a week. Try a detoxifying mask to help further cleanse and maintain your skin.

Try a clay mask to help with the detoxifying procedures. They seem to cleanse the skin surface very well, improve circulation and revitalize the skin. There is also a lesser chance of allergic reaction to the clay mask.

Clay masks have been used for generations. They are used for health purposes and used in many professional and high quality spas. Since clays have the enhanced ability to absorb toxins, they minimize the excess oil in the skin, reduce redness and tighten the pores. The clay contains elements like silica, aluminum, calcium, magnesium, sodium, potassium and other trace elements.

Your skin care routine should be simple and should fit into your busy schedule. Make sure it includes cleansing, moisturizing and that it protects your skin from the harshness of the environment. Make sure to give your skin time to breath and relax. Eat natural foods and avoid the ones that cause breakouts.

With simple and natural skin procedures and healthy living, you should be able to regain vitality and the youthful look with excellent results and very little expense.

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

About the Author

Gregg Hall is an author living in Navarre Beach Florida. Find more about this as well as skin care products at <http://www.okenbeautysupply.com>