

## Did You Know That Your Oily Skin Prevents Wrinkles?

It is a hassle to deal with oily skin, there can be no doubt about that. You find yourself acne prone, shiny and generally needing to wash your face several times a day. But did you realise that your oil loving skin glands will actually help you to fight the signs of aging?

Aging is all about moisture loss. As skin cells grow older, they lose their ability to keep in moisture and this results in drier skin and the appearance of lines and wrinkles. Dry skin is brittle and cannot hold its shape fully during daily movement. Hydrated skin is much more flexible and able to crease without permanently changing superficially. This is why antiaging creams are all based on the moisturising principle: the moister your skin, the more able you are to live your daily life without worrying about forming wrinkles.

Your oily skin is going to be a blessing come old age! At this very moment, your oil glands are pumping out moisture that will be soaked up by your skin and ultimately prevent wrinkles. You are fighting aging right now, without putting out any effort! People with a clear complexion and dry skin may have the upper hand in youth, but after the initial grace period, their skin has had it.

Most people need to undergo serious hydration treatments from a very young age if they want to protect their skin from aging early on. You, on the other hand, have been blessed with what will come in incredibly useful later on. Sure, oily skin seems like a mixed blessing at the moment, but if you are aware of simple ways to treat your skin to prevent acne and infection you can actually have your cake and eat it too!

Firstly, you need to be sure to treat the skin for bacteria, which grows freely in moist areas like your face. Bacteria is everywhere, on everything you touch and therefore will be present on you skin at any given moment. The only way to effectively deal with this presence of bacteria is through constant cleansing and the use of antibacterial products.

Exfoliation is a good way to open up the pores and seek out tiny hidden pockets of bacteria as well, so if you are sure to scrub, cleanse and disinfect your skin as often as you can, the likelihood of developing pimples and other small infections goes down significantly. These products will dry your skin out, essentially, so once applied add a small amount of moisturiser back onto the skin to ensure no damage is incurred.

A healthy diet is also important for the immune system of your skin. The more vitamins and grains you ingest, the better your skin becomes at fighting infection. Be sure to eat lots of fresh vegetables and fruits, and to base your diet on whole grains. A healthy, balanced diet is the first defence against any kind of bodily infection and even aging, so if you eat well you are sure to see a positive difference in the condition of your skin.

Oily skin can be a pain, but it is your ticket to youthful exuberance well beyond what most people manage! Take care of your skin, accept your overactive oil glands and be proud that when you turn 65, most people will not believe it. To take care of your skin just exfoliate, cleanse frequently and use antibacterial rinses.

When it comes to antiaging, just sit back and relax, and let your oil glands take care of that for you!

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### About the Author

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