

Dry Skin Care Tips and Treatments

Only a lucky few have 'normal' skin; the rest of us have a dry, oily or combination variety; if dryness is your problem, read on. Skin is not dry solely because it lacks oil, but because it lacks water. Xeroderma (dry skin) occurs most commonly on the lower legs, arms, the sides of the abdomen and thighs.

Skin also receives less blood flow and lower gland activity. Skin is our largest organ and is considered one of the most important parts of the body. Skin contains the hair follicles, sweat glands, sebaceous glands, apocrine glands and blood vessels.

The outermost layer of epidermis consists of 25 to 30 layers of dead cells. The dermis is structurally divided into two areas: a superficial area adjacent to the epidermis, called the papillary region, and a deep thicker area known as the reticular region. The dermis is tightly connected to the epidermis by a basement membrane.

Certain drugs, including diuretics, antispasmodics, and antihistamines, can contribute to dry skin. Environmental factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps, can cause dry skin. Forced-air furnaces make skin even drier. Serious skin complications, including dry skin, can arise for people with diabetes.

Natural treatment should always be the first type of treatment to consider when you want to take the best care of your skin. Use a humidifier if the air is dry. Drink plenty of water every day.

Consider taking cod liver oil or fish oil supplements every day. Drink freshly juiced carrot juice every day. Concentrating on a diet of plenty of fruits and vegetables (preferably raw: uncooked) and no junk food, should give you an observable improvement within 30 days.

The two most common digestive problems that affect your skin are not enough water and not enough fiber. Eat high-fiber snacks like raw nuts, raw seeds, and dried fruit, such as dates, and figs.

It just takes motivation, a willingness to try it, and diligent application of coconut oil several times a day and at bedtime to see its benefits. Use bath oils and moisturizers, especially coconut oil, at least once daily. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day. Use coconut oil to remove your make-up at night, like I do; it leaves a fine layer of oil to nourish your skin all night long.

The skin is subject to constant attack from without, so can be affected by numerous conditions, diseases and ailments. The skin supports its own ecosystems of microorganisms, including yeasts and bacteria, which cannot be removed by any amount of cleaning. Dry skin can be converted into healthy skin using natural home remedies.

If nothing seems to work it might be more than just dry skin, so you should see the doctor. Make sure to call your naturopath or dermatologist when you have any open cuts or sores from scratching that won't heal. Skin doctors are called dermatologists.

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About the Author

For more information on coconut oil treatment for dry skin & dry skin care treatments, see Helen Hecker R.N.'s <http://www.Best-Skin-Care-Tips.com> specializing in care for skin conditions with tips, advice and resources for women, men, teens, babies, including information on best natural products