

Dry Skin Can Be a Flaky Business

It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home. The good news is that today, there are several types of treatments to choose from for your dry skin. As we age, our skin produces less of the natural oil that helps it retain its moisture.

Skin also receives less blood flow and lower gland activity. The skin is often known as "the largest organ of the human body". Skin consists of loose connective tissue and elastin.

The outermost layer of epidermis consists of 25 to 30 layers of dead cells. The blood vessels in the dermis provide nourishment and waste removal to its own cells as well as the epidermis. The epidermis contains no blood vessels, and cells in the deepest layers are nourished by diffusion from blood capillaries extending to the upper layers of the dermis.

Dry skin is common. Environmental factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps, can cause dry skin. Symptoms most associated with Xeroderma are scaling (the visible peeling of the outer skin layer), itching, and cracks in the skin. Bathing or showering too frequently, especially if one is using harsh soaps, may also contribute to xeroderma.

Natural treatment should always be the first type of treatment to consider when you want to take the best care of your skin. Cosmetics should be used carefully because they may cause allergic reactions like contact dermatitis. Use as little soap as possible limiting its use to armpits and genitals.

Use flaxseed oil or walnut oil in your salad. Concentrating on a diet of LOTS of fruits and vegetables (preferably uncooked) and no junk food, should give you an observable improvement within 30 days. Good skin is often a reflection of a good digestive system. Eat high-fiber snacks like raw nuts, raw seeds, and dried fruit, such as dates, and figs. You want to work from the inside out too.

It just takes motivation, a willingness to try it, and diligent application of coconut oil several times daily and at bedtime to see its benefits. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day. If you also have eczema or acne, coconut oil will treat those skin conditions too. 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.

Sunlight, water and air play an important role in keeping the skin healthy. Unclean skin favors the development of pathogenic organisms - the dead cells that continually slough off of the epidermis mix with the secretions of the sweat and sebaceous glands and the dust found on the skin to form a filthy layer on its surface. The skin supports its own ecosystems of microorganisms, including yeasts and bacteria, which cannot be removed by any amount of cleaning.

Call your doctor or naturopath when you feel itchy all over without a visible rash. Make sure to call your dermatologist when you have any open cuts or sores from scratching that won't heal. With this information your dry skin should be well on its way to recovery.

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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