

## Best Free Tips On Taking Care Of Your Dry Skin

It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home. Xeroderma is a very common condition. Symptoms most associated with Xeroderma (dry skin) are scaling, which is the visible peeling of the outer skin layer, itching and cracks in the skin.

Skin also receives less blood flow and lower gland activity. The average square inch of skin holds 650 sweat glands, 20 blood vessels, 60,000 melanocytes, and more than a thousand nerve endings. Skin contains the hair follicles, sweat glands, sebaceous glands, apocrine glands and blood vessels.

The dermis is tightly connected to the epidermis by a basement membrane. The blood vessels in the dermis provide nourishment and waste removal to its own cells as well as the epidermis. The dermis is the layer of skin beneath the epidermis that consists of connective tissue and cushions the body from stress and strain.

The skin loses moisture and may crack and peel, or become irritated and inflamed. Nutritional deficiencies, especially deficiencies of vitamin A and the B vitamins, can also contribute to dry skin. The oil glands do not supply enough lubrication to the skin: as a result, the skin becomes dehydrated. Symptoms most associated with Xeroderma are scaling (the visible peeling of the outer skin layer), itching, and cracks in the skin.

Keep baths or showers short using warm, never hot water. Apply cool compresses to itchy areas. Drink plenty of water, a minimum of a quart a day. 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.

For an easy fiber boost, mix in two tablespoons of ground up flaxseeds in raw applesauce, from 2-3 apples, made in your food processor. Put two tablespoons of coconut oil in your smoothies. Eat at least one organic apple with the skin on every day.

Use bath oils and moisturizers, especially coconut oil, at least daily. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day. Coconut oil is very inexpensive, therefore, a good, cheap home remedy. Apply a thin layer of coconut oil and massage it deep into the skin.

The skin must be regularly cleaned or it'll become cracked or inflamed. 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 is subject to constant attack from without, so can be affected by numerous conditions, diseases and ailments.

Skin doctors are called dermatologists. If your dry skin lasts for a long time and is itchy or feels hot when you touch it, see your doctor. Call your doctor or naturopath when you feel itchy all over without a visible rash.

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

### 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