

Quick Guide To Tips And Facts About Dry Skin

Skin is not dry because it lacks oil, but because it lacks water. As we age, our skin produces less of the natural oil that helps it retain its moisture. It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home.

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 skin is often known as "the largest organ of the human body".

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 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.

Environmental factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps, can cause dry skin. Dry skin could also be a sign of an underactive thyroid. Xeroderma can also be caused by a deficiency of vitamin A, systemic illness, overexposure to sunlight or some medications. The oil glands do not supply enough lubrication to the skin: as a result, the skin becomes dehydrated.

For any skin condition, it's always better to take a natural approach. Apply cool compresses to itchy areas. Dry your skin gently and thoroughly, patting not rubbing.

Consider taking cod liver oil or fish oil supplements every day. Eat foods that contain essential fatty acids. Use flaxseed oil or walnut oil in your salad. You want to work from the inside out too. The two most common, sluggish, digestion culprits that affect your skin are not enough water and not enough fiber.

The best treatment I've found for dry skin is coconut oil. 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. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day.

The skin must be regularly cleaned or it'll become cracked or inflamed. 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 your dry skin lasts for a long time and is itchy or feels hot when you touch it, see your doctor. You should see the results with improved skin within a few days following this advice. See your doctor or naturopathic doctor if your skin doesn't improve in spite of your best efforts.

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