

Tips For Healthy Skin

The skin on the face requires special treatment and a daily skin regime in order for the skin to look and feel its finest. There are certain things you can do to keep your skin healthy and supple. The key to having soft, smooth, clear, and glowing skin is **constant and regular proactive maintenance of the face**.

The first of the tips for healthy skin is to eat a good, well-balanced diet. Make sure your diet is rich in vitamins, minerals, and proteins. Eat plenty of vegetables and fruits and don't forget to drink water. Water is essential to the health of your face skin. The more water you drink the better (at least 6-8 8 ounce glasses per day).

Next, make sure you cleanse your face daily, preferably at the end of the day or at night before bed. By this time, your face needs some good cleansing to get rid of all the dirt and dust that has accumulated inside your pores throughout the day. **Nighttime is when your skin gets to rejuvenate itself**, so cleansing before bed is critical to a healthy skin regime. If you do not cleanse regularly at night, usually people see congestion and built up in some areas of the face, and this can be avoided with regular cleansing.

Choosing A Cleanser

When you choose a cleanser, make sure it is not too drying, especially in winter months when your skin naturally gets drier due to the cold temperature outdoors and drying heat indoors. Soaps and other stringent cleaners can suck up all the good oils in your skin, which makes your skin produce even more oil than normal. There are several good essential oil-based or lotion-based cleansers that leave your face feeling clean and refreshed, rather than tight and dry, and they don't leave an oily residue behind.

Also, **it is important to exfoliate at least 1-2 times per week**. This aids with skin renewal and improves your skin's elasticity. Elasticity is what makes our skin appear younger, and as we get older we lose elasticity and that youthful ability of our skin to 'bounce back' from any damage that may occur. Anything you can do to preserve your skin's youthful glow is encourage, and exfoliating is definitely one of the keys to healthy skin!

After cleansing, always use a non-stringent, acid-based **toner** that will remove any remaining dirt on your face.

Follow with a good moisturizer after cleansing. There are plenty of moisturizing products on the market that can be applied in the morning and nighttime in order to ensure that your skin maintains moisture 24 hours a day. Something with sunscreen in it for daytime is recommended to protect the skin from sun damage (if you are tanning indoors, you can purchase 'solar masks' to completely block UV from your face). Use a deep-moisturizing nighttime balm or lotion, and then eye cream for the delicate area around eyes.

In summary, here are the five essential tips for healthy skin:

- Eat a nutritious, well-balanced diet that includes **lots of water** for good skin hydration.
- Cleanse your skin daily and use top quality face care products to nourish, protect, and revitalize your skin (make sure the skin care products you use match your skin type). Follow with a good quality toner to remove excess dirt before moisturizing.
- Exfoliate at least 1-2 times per week for skin renewal and improved elasticity. This is one of the key tips for healthy skin, so don't forget!
- Moisturize and use sun protection as part your daily facial skin care regime. The sun's rays can cause major damage to your skin and are the primary cause of wrinkles.
- If you have fine lines around your eyes, you can help reduce them by using eye creams that are specially formulated to work on this sensitive and delicate part of the skin.

Winter Tips For Healthy Skin: Try steaming and facial masks periodically (once every two weeks) to give your skin extra hydration and deeper cleansing. Steaming opens up your pores and helps with releasing any toxins trapped underneath the skin, and also gives your skin the added water and hydration it needs this time of year. Facial masks immediately after steaming help draw out dirt and toxins released from steaming, and will leave your skin feeling healthy and clean. Make sure you moisturize your skin afterwards with a well-hydrating balm or other oil or lotion-based moisturizer.

Maintaining glowing, young looking skin is simple once you make it a regular routine in your life. If you follow these tips for healthy skin, you will likely see improvements over the course of several weeks. Remember that healthy skin is the combination of a well-nourished and hydrated body, along with a good daily facial cleansing and moisturizing routine.