

Observing and Knowing What to do With Good Skin

Laboratories have discovered that exhaled smoke can be really dangerous to your face than to the smoke they are inhaling since those smoke clouds have considerable levels of nicotine, tar and carbon monoxide. When the smoke makes contact to your skin, it activates the discharge of wrinkle-causing free radicals. Your skin is at most risk when you live with or always with someone who is a smoker or stay in smoky places more than thrice a week. You can't tell off a smoker to stop the habit because your skin is at risk, so you just have to make sure there is enough ventilation in the room if it's a closed area so that the smoke will dilute airborne toxins.

We cannot help but avoid using lip gloss since we occasionally suffer from our lips drying up. While it has been traditional to turn to lip gloss to resolve the problem, apparently this whole problem of having to consider the other factors such as the origin of the product remains.

We all know that sunscreens or sunblock lotions are normally used when we go to the beach. Considering however that we have weird weather and the sun rays ever so harmful, applying these solutions to our skin each time we go out of the house. While it is better to go out protected, it remains that we need protection even in the simplest way.

Don't be annoyed by using these sunscreen lotions. They are used to help safeguard you as a whole. We see people ignoring them and wearing long sleeved clothes. But once they get through that, chances are you will turn back to them anyway.

When we have irritating problems such as skin concerns, chances are we will make appointments with our skin specialist for diagnosis and advice. This can be the best option while others would want to rely on the untested creams and lotions to apply to avoid time out from their daily chores.

A skin specialist can help you in more ways than one. They can recommend treatment or even place you in situations to answer the problems at hand. For all intents and purposes, skin care is something serious if you are quite particular about your beauty. Do not gamble. Seek the specialist for better advice.

Apply your favorite moisturizer to your skin and you are done. No, you are not really done here, unless you are satisfied by just simple application. You can always do an extra effort to double up the duty of your moisturizer. You owe it all to your skin, right? The next time you will apply a moisturizer, make your skin damp. Your moisturizer will lock in the moisture you have obtained from water you used to dampen your skin. After locking in moisture and applying moisturizer, massage your skin for at least fifteen minutes. This will enhance the circulation and "push" the moisturizer into your skin as far as possible. Finally, tightly closing the cap or lid of your moisturizer container will prevent oxidation that decreases the potency of its particular ingredients.

A study has discovered that the naturally occurring hormones in cow's milk may have a connection to acne. They may signal an over production of testosterone-like hormones in the body. Because of this, the skin produces more oil, which results to break outs. Even the iodine given to cows to avoid infections ends up in the milk they produce and when we drink their milk, it intensifies acne. If you are using anti-acne beauty products for at least a month and using strong prescription treatments and still no go, maybe you can think about removing dairy products from your diet?

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