

Value Your Skin For Better Complexions

I know a lot of people who don't really like the idea of exfoliation, but did you know that exfoliating every week helps your skin in getting rid of possible build up of dead skin cells? Also, it helps in exposing the fresher layer of your skin. You still have to be careful in choosing facial exfoliants though. Use only the gentle ones and avoid products with very harsh chemicals on it. If you undergo exfoliation from time to time, you will observe that the fresh layers of the skin will be absorbing the moisturizers that you put on your skin every day.

It is advised that you take cooler but shorter showers on winter. It is important to have a consistent body temperature at this season. If possible, kindly avoid taking hot showers because it has the tendency to remove the essential oils of the body that maintains the balance of a normal skin.

Shampoos and Conditioners are a big part of bath time habits. Most of us rely on hair blowers to dry up our hair. Again, please avoid using hair blowers on winter season because it removes the important nutrients of the hair that leaves it dry and unhealthy. Not only that, our scalp is also affected.

Do you know how Hollywood celebrities maintain their beautiful skin and keeping it soft, smooth and manageable?

The answer: Moisturizer!

Moisturizing must be a daily habit in any season whether that is winter, spring, summer or fall. When you get up in the morning, apply moisturizer all over your body. If you are using facial or body moisturizers, it is advisable that you use the thick ones on winter season. Keeping a lotion on your bag or on your purse is also a must so you can apply it anytime, anywhere.

So if you want to have a celebrity-like skin even on winter days, all you have to do is moisturize.

Face packs, especially those which are made up of fruits rich in vitamins and H₂O really contribute a lot in the healing of dry skin. The most recommended fruits to be used are banana, papaya and peach. For glowing effect, you can use mashed avocado. After applying face packs, it is advisable that you apply moisturizer or mild lotion after to be able to retain the moisture of the skin. You must take note that you must use oil-based lotions during winter. Apply it in a circular manner.

Did you know that the presence of Vitamins A, B and E on your diet contributes a lot on the inner glow of your skin?

The most helpful food in improving the moisture of the skin on winter is vegetables that are green and leafy. The intake of water must also be increased to be able to fill out the required dosage of fluids on your body. You must also consider drinking fruit juices daily a habit since it helps in making your skin soft. Avoid drinking beverages that has strong caffeine ingredient on it such as coffees and sodas.

Water is one of the most important liquids in our body. It is also the cheapest and safest drink ever.

Winter is a cold and wet season that's why a lot of people don't sweat that much. Experiencing the said situation does not mean that you must lessen your water intake. It is still recommended that you drink at least 7-8 glasses of water a day. Drinking water gives your body the energy that you need. It is also beneficial to your health. It also contributes on your diet as you tend not to eat a lot and lastly, water helps in skin dehydration.

About the Author

Jon Caldwell is a professional content manager. Much of his articles can be found at <http://winterskincare.net>

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