

It's Never to Late to Exfoliate Your Skin

No matter what your age or skin type, regular exfoliation will improve how your skin looks and feels. Exfoliating deeply cleanses to remove the dead skin cells that clog your pores and make your skin look dull. The upper layer of your skin, called the epidermis, naturally renews itself every 28 days. If you are between the ages of 15 and 25 years old, your skin renews itself every 20 days. As a result, dead skin cells are left behind that make your skin look lusterless. If you have dry skin, it tries to correct the moisture imbalance by making more natural oil and those oils combine with dry skin flakes to clog your pores. If your skin is oily, excess oil and toxins build on the surface to clog your pores. Exposure to elements such as pollution and UV rays can also cause your pores to get clogged. Exfoliation removes the dead skin cells and allows your skin to breathe naturally for a healthier complexion. To exfoliate, first use a gentle cleanser and astringent to remove all traces of surface oil and makeup and dry your face thoroughly with a soft towel made from natural fibers. Now you are ready to exfoliate. One way to do it is to apply an exfoliating scrub with gentle beads and, using your fingers, make circular motions for about three minutes. There are also special exfoliating sponges, clothes and loofahs to help remove dead skin cells. Exfoliation can also be achieved by using a peel-off or clay mask, which is usually left on for about ten minutes. After the designated time has passed, rinse or peel off the exfoliating agent thoroughly, dry your skin completely and make sure to apply a moisturizer. You should gently exfoliate your face twice a week to keep it glowing and fresh. However, do not exfoliate your skin more frequently because it can result in cracked skin and broken capillaries under the surface. You can even use natural ingredients to exfoliate your skin. Witch hazel makes an excellent astringent and a combination of honey and oatmeal can be used to exfoliate dead skin cells away. No matter what your skin type or age, exfoliation will noticeably improve the appearance of your skin.

About the Author

Natural health and wellness information that centers around the lifestyle choices of diet, exercise, attitude, and relationships.

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