

## New Thinking on Natural Dry Skin Care Treatment

Dry skin happens more often in the winter where the cold air outside and the hot air inside creates a low relative humidity. It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home. Xeroderma literally means "dry skin". Skin consists of loose connective tissue and elastin. The skin is often known as "the largest organ of the human body". Skin also receives less blood flow and lower gland activity. 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 dermis is tightly connected to the epidermis by a basement membrane. The outermost layer of epidermis consists of 25 to 30 layers of dead cells. The oil glands do not supply enough lubrication to the skin: as a result, the skin becomes dehydrated. Environmental factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps, can cause dry skin. Forced-air furnaces make skin even drier. Xeroderma can also be caused by a deficiency of vitamin A, systemic illness, overexposure to sunlight or some medications. Use bath oils and moisturizers daily. Cosmetics should be used carefully because they may cause allergic reactions like contact dermatitis. Dry your skin gently and thoroughly, patting not rubbing. Fatty acids are particularly important to people with dry skin. Drink plenty of water, a minimum of a quart a day. Drink freshly juiced carrot juice every day. You want to work from the inside out too. Concentrating on a diet of LOTS of fruits and vegetables (preferably uncooked) and no junk food, should give you an observable improvement within 30 days. It just takes motivation, a willingness to try it, and diligent application of coconut oil several times daily and at bedtime to see its benefits. Coconut oil is very inexpensive, therefore, a good, cheap home remedy. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day. Use bath oils and moisturizers, especially coconut oil, at least daily. Sunlight, water and air play an important role in keeping the skin healthy. Dry skin can be converted into healthy skin using natural home remedies. The skin supports its own ecosystems of microorganisms, including yeasts and bacteria, which cannot be removed by any amount of cleaning. It's time to call the doctor when all your home remedies do not relieve your dryness and itching. Go to your skin doctor if dryness and itching are preventing you from sleeping. Make sure to call your dermatologist when you have any open cuts or sores from scratching that won't heal.

### About the Author

The San Diego Natural History Museum continues to explore the biodiversity and evolutionary history of southern California and Baja California.

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