

Natural Methods For Beautiful Skin

Skin disorders are encountered frequently in any areas of health care. Skin-related disorders account for up to 10% of all ambulatory patient visits in this country. Because the skin mirrors the general condition of the patient, many systemic conditions may be accompanied by dermatologic manifestations. The psychological stress of illness or various personal and family problems is commonly exhibited outwardly as dermatologic problems.

Proper Skin Care Some skin problems are markedly aggravated by soap and water, and bathing routines are modified according to the condition. Denuded skin, whether the area of desquamation is large or small, is excessively prone to damage by chemicals and trauma. The friction of a towel, if applied with vigor, is sufficient to produce a brisk inflammatory response that causes any existing lesion to flare up and extend. Given that, the essence of skin care and protection in bathing a patient with skin problems is as follows: a mild, lipid-free soap or soap substitute is used; the area is rinsed completely and blotted dry with a soft cloth; and deodorant soaps are avoided. The key here is to be natural as possible when treating and taking care of one's skin. Here are more tips regarding natural skin care.

Moisturize with Care Nothing takes the moisture and softness out of skin faster than winter's dry indoor heating and icy, face-chapping winds. Even if you pamper and protect your skin all year long, it needs a little extra attention when the temperatures begin to fall. As the moisture level in the air drops, the dry air tries to rehydrate itself by borrowing moisture from your skin. When that happens, your body's natural protective barrier, made of water, oils, and a protein called keratin, can get dehydrated to the point where your skin gets taut, wrinkly, cracked, and itchy. Therefore, if dry skin is your issue, Mother Nature is definitely part of the problem, but she can also be part of the solution. Try some of the nature's natural remedies for skin problems and get positive results.

1. Aloe vera has been known as one of the best skin soother and has been a hot topic since the days of ancient Egypt when the pharaohs used it to help them look their best. The gel is excellent for treating all kinds of skin problems and keeps them from going from bad to worse. It can also speed up the healing process for itchy, irritated skin.
2. Avocado Oil Sure, avocados are great on a salad, but did you know that avocado oil has superior powers when it comes to slowing down attacks of dermatitis and eczema, which can be aggravated by dry conditions? Apply it directly to any potentially itchy, red, or irritated areas.

Oily Skin - For that Drier Look Scrub up! Washing often with a lot of soap and water can remove oil. It is as simple as that. But the question is: what kind of soap should you use? Skin experts say it is best to look for one with more detergent and less fatty substances. The heavier the fat, the more you want to avoid it. Find soaps that are formulated for oily or acne-prone skin.

Exercise Regularly That healthy glow you get in your cheeks when you exercise means that blood is flushing your skin. The result is denser, thicker, more elastic skin that resists wrinkling. According to some skin experts, actual facial exercises are probably wrinkle-producing. A good overall exercise program, on the other hand, helps your skin and may even reduce bags under the eyes by reducing the fat cells around the area. But while you are exercising, remember not to become dehydrated. When your cells lose water, they lose strength - even after the water is replaced.

Exfoliate to Rejuvenate - But Not Too Much Do you know that the human skin sheds about 5 billion dead skin cells? These dead cells surfacing on your skin make one's complexion dull by blocking the pores and preventing new skin to emerge. Cleaning them unmask a radiant and glowing skin through the process of rejuvenation. Does your beauty recipe do this to your skin? For natural way of taking care of the skin, lay off the loofah. If you are tempted to try a loofah to slough the dry stuff off your skin, it is best not to do so. Though gentle exfoliation is good, it is too easy to be carried away and remove healthy cells in the process. And too much exfoliation can actually encourage drying. Even a washcloth can be too harsh. For washing, your hands are the best equipment that you can use. Caring for the skin with natural ways may not only be beneficial for your skin now but can also bring long-term benefits. These tips are worth a try because they enhance your skin's condition in the most natural way.

About the Author

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