

The Secrets to Beautiful Skin

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Background Information

Your skin is the body's largest organ, weighing between two and four kilos. It covers between one and two square metres and completely renews itself every seven to ten weeks.

Your skin reflects your state of health, being soft and smooth when well cared for, or dry and flaky when taken for granted. To have beautiful, soft, young-looking skin, pamper it.

Tips on skin care

- Drink 2 litres of water daily
- Enjoy a diet rich in fresh fruit and vegetables
- Try to have a sound, restful sleep
- Take high quality supplements, including a vitamin & mineral and an Omega 3 essential fatty acids
- Practice a daily skin care regime
- Know your skin type
- Exercise regularly
- Keep stress levels to a minimum
- Limit intake of caffeine and alcohol
- Avoid excess exposure to extremes of temperature

Daily Skin Care Regime

Men and women will see a marked improvement in their skin when following a skincare plan. Cleanse, tone and moisturise daily. Exfoliate and use a mask regularly.

Cleanse your face and neck, morning and night. Accumulated dead cells, perspiration and make-up mixed with the grime in the atmosphere, clogs up our pores resulting in a dull and lifeless appearance.

After cleansing use a toner to remove the last traces of cleanser, tighten and tone the pores.

Next apply moisturizer. Pollution, sunlight, harsh weather, air conditioning and central heating dehydrates the skin. This causes dry and dull skin. Two litres of water daily will hydrate your skin internally. You should also add moisture from the outside. A moisturizer will help prevent your skin's moisture from evaporating into the atmosphere. All skin types need moisturizers.

Extras to ensure a radiant skin

An exfoliant removes dead cells from the skin's surface. This enhances production of new cells. It improves blood circulation, giving the skin a healthy glow.

Eye creams are designed for the sensitive areas around the eye. Choose one that reduces puffiness, dark circles and wrinkles.

Day and a night creams have different formulations to improve skin elasticity, texture and appearance. During the night your skin needs a special cream to rehydrate and rejuvenate skin cells ensuring you wake up with a refreshed, softer complexion.

When showering use a soapfree body wash. This is gentler on the skin and cuts down on cleaning the shower recess!!

Apply a lotion, or spray on, body moisturizer to your whole body after showering.

Follow this regime and you will have beautiful skin forever.

Short note about the author

Cheryl Haining is a skin care ,nutrition coach and weight loss . She has her own successful business. Her mission statement is to ensure everyone reaches their optimum body shape, size and condition. Contact Cheryl at <http://trimlikeme.net/?refid=ea-27547>. For information about how you can have a successful work from home business visit <http://money-2-work-at-home.net/?refid=e zg-567886313>.

Author: Cheryl Haining

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