

SKIN CARE DIAGNOSIS REPORT : likhithanjali

Analysis result :

Skin Type :You Have Dry Skin

1.epidermal health :

Smoothness--- 50% - 80%

Hydration----- 50% - 80%

Dry Patches---- No

2.Skin Support :

Wrinkles----- 20% - 60%

Sagging----- No

3.Pigmentation :

Tan----- 60% - 100%

Spots----- 80% - 100%

Patches----- 0%

4.Texture :

Open Pores----- 0% - 20%

Acne----- 18%

Suggestions For Your Problems :

Wrinkles : Bananas contain natural oils and vitamins that can boost skin health. Experts recommend applying banana paste to the skin: Mash a quarter of a banana until it becomes a smooth paste. Put a thin layer of the banana paste on your skin and allow it to sit for 15 to 20 minutes before rinsing it off with warm water.

Tan : Sandalwood or Chandan is an excellent ayurvedic ingredient to remove tan. Along with eliminating tan, sandal also acts as a cure for acne, dark spots and many other skin problems.Honey and papaya face pack

Spots : Mix equal quantities of apple cider vinegar and water in a bowl. Stir well and apply on the dark spots. You can also trying mix a few drops of lemon juice with the vinegar.

Acne : Honey has been used to treat skin conditions, such as acne, for thousands of years. It contains many antioxidants that can help to clear waste and debris from clogged pores. Doctors use honey in wound dressings because of its antibacterial and wound-healing properties. Using a

clean finger or cotton pad, rub a little honey into pimples. Otherwise, add honey to a face or body mask.

Habits to change :

**** Drink More Water :** Drinking at least 3-4 litres a day will help rid the body and skin of toxins. Consuming an adequate amount of water everyday gives you fresh, soft and glowing skin. It helps maintain the optimal body temperature, keeping the skin moist. It hydrates and replenishes the skin tissues leading to an increase in the skin's elasticity.

**** Don't Smoke :** Cigarette smoke contains carbon monoxide, which displaces the oxygen in your skin, and nicotine, which reduces blood flow, leaving skin dry and discolored. Cigarette smoking also depletes many nutrients, including vitamin C, which helps protect and repair skin damage.

**** Try To Avoid :** Alcohol increases the inflammation and changes the hormonal milieu in the skin, which can worsen inflammatory skin conditions, like acne and rosacea, Alcohol alters the blood vessels in the skin, causing them to dilate and worsen the appearance of facial redness.

Thank you! Visit again!