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Top 10 Skin Care Tips

Healthy skin is really one of the most important ingredients for beauty-enhancement. This article on skin care tips is an effort to bring the 10 best skin care tips to you. The list of skin care tips has been restricted to 10 because anything more than that would not only be difficult to remember, but also shadow the more important skin care tips. So let's see what these top ten skin care tips are:

- * Knowing your skin type is one of the most important skin care tip. This is important because not every skin care product suits everyone. In fact, all the skin care products specify the type of skin they cater too.
- * 'Drink a lot of water'. This will not keep your skin moist but will help in overall upkeep of your health (and in turn your skin). It might seem a bit awkward to some, however, this is an important skin care tip.
- * Cleanse your skin regularly (1-2 times everyday). A very effective skin care tip that helps in getting rid of the dirt and other harsh elements from your skin. Cleansing is especially important when you have been out of your house (and hence exposed to pollutants, dust etc). This skin care tip also advocates the use of Luke warm water for cleansing (hot and cold water, both, cause damage to your skin)
- * Be gentle, after all it's your skin. Don't scrub/exfoliate too hard or too often. Similarly, don't apply too much or too many skin care products. A must-to-follow skin care tip.
- * Keep your skin moist at all times. This is one of the most important skin care tip. Don't let your skin get dry. Dryness causes the outer layer of your skin to break, leading to a rough and unattractive appearance. Use moisturizers/ emollients. Moisturizers work best when applied while the skin is still damp.
- * Avoid the use of soap on your face. Soap should only be used from below the neck. A small but important skin care tip.
- * Use sunscreen to protect yourself from sun's harmful UV radiations. You can use day-time moisturizers that have sunscreen built into them. Use them even when it's cloudy. UV radiations are known to cause skin cancer, so follow this skin care tip without fail.
- * A bit of exercise and good sleep are essential too, not just for skin care but for your health as a whole. Lack of sleep can lead to formation of wrinkles below your eyes and lack of exercise can cause your skin to slack. Moreover, exercise and sleep also help in beating stress. So besides being a skin care tip, this is also a health care tip.

* Treat skin dilemmas with care. This skin care tip is about not ignoring any skin dilemmas. Consult your dermatologist before you go on to use a skin care product (lest you do end up harming your skin even more).

* Beat the stress. The harmful effects of stress are known to everyone, however, sometimes stating the obvious is essential too (and hence this skin care tip found its place here). Yes, stress harms skin too. So, take a break or indulge in a warm bubble bath or just get goodsleep.



Vitamin C Skin Care – The Challenge

Vitamin C is often regarded as a wrinkle fighter or an anti-aging agent. The main objective of 'Vitamin C skin care', in scientific terms, is to increase the synthesis of collagen (a structural protein that is found in skin). The additional benefit of 'Vitamin C skin care' is related to its capability of countering free radicals which cause damage to the skin.

Vitamin C skin care, however, faces a major challenge today. This is related to the oxidation tendency of Vitamin C skin care products. On coming in contact with any oxidizing agent (e.g. air), the Vitamin C in the Vitamin C skin care products, gets oxidized; thus making the Vitamin C skin care product useless (in fact counter-effective). The oxidized Vitamin C imparts a yellowish-brown color to the Vitamin C skin care product. This is something that you need to check before buying a Vitamin C skin care product. Even after you buy a Vitamin C skin care product, you need to store it properly and keep checking that it's still good to use (i.e. it hasn't attained a yellowish-brown texture).

The manufacturers of Vitamin C skin care products have tried to deal with this (oxidation) problem in multiple ways (and research on Vitamin C skin care products is on the top of their list). One such method of retaining effectiveness of Vitamin C skin care products for a long term is to keep a high concentration (say 10%) of Vitamin C. However, this makes the Vitamin C skin care products even more expensive. The Vitamin C skin care products are already pretty inexpensive and making them even more expensive will throw the product manufacturers out of business. The other way is to use Vitamin C derivatives (like ascorbyl palmitate and magnesium ascorbyl phosphate). These are not only more stable but also inexpensive. Even though the derivatives based products are not as effective as the Vitamin C skin care products, their stability against oxidation is a very desirable feature that makes them very attractive. Moreover, these are known to be less irritating too.

Talking of effectiveness of Vitamin C skin care products, it's important to mention that not everyone responds to Vitamin C treatments. So it's not a magic potion in any way. If you don't see a noticeable difference in your skin, it might be because of your skin not responding to Vitamin C treatment (and the Vitamin C skin care products might not be at fault, at all).

What Is Natural Skin Care?

Put simply, 'natural skin care' is caring for your skin in a natural and chemical-free way. 'Natural skin care' advocates enabling the skin to take care of itself (without any assistance from synthetic materials/ chemicals). 'Natural skin care' is about inculcation of good habits in the way you lead your day to day life. A lot of natural skin care measures are actually the same as those for body care in general.

So let's see what these natural skin care measures are.

Well the first and the foremost natural skin care measure is – 'Drink a lot of water'. Around 8 glasses of water is a must everyday. Water helps in flushing out the toxins from the body, in a natural way. It helps in the overall upkeep of the body and promotes good health for all organs (not just skin).

General cleanliness is another inexpensive way of natural skin care. Daily shower, wearing clean clothes and sleeping on a clean mattress/pillow are all part of general cleanliness. After all, clean skin is the key to keeping the skin disorders at bay.

Regular exercise is the next thing on the cards. Exercise increases the flow of blood that helps in getting rid of body toxins and keeping you healthy. Exercise also helps in beating stress which is the worst enemy of good health.

Healthy food and eating habits are also recommended for natural skin care. Some type of food (e.g. oily food) is known to cause acne and should be avoided as much as possible. Your diet should be a healthy mix of various nutrient providing foods. Raw fruits and vegetables are known to provide freshness to your body and help in getting rid of body toxins.

A good sleep is also instrumental in maintaining good health and in beating stress. As a natural skin care measure, a good sleep delays slacking of skin.

Beating stress is another natural skin care therapy. Stress causes overall damage to body and health. Drinking a lot of water, getting a sound sleep and exercise has already been mentioned as stress busters. Indulging in a warm bubble bath, listening to music and playing your favorite

sport are also good ways of beating stress. Yoga is yet another way of beating stress; it is fast gaining popularity amongst the masses.

Avoiding excessive exposure to sun (by wearing long sleeved clothes, hat and umbrella etc), is another natural skin care strategy. Sunscreen lotions are also recommended as necessary.

A lot of traditional and home made natural skin care products/ measures are also known to be very effective. Such measures are not only natural and easy-to-follow, but also relatively inexpensive.

Besides that, a lot of natural skin care products are available in the commercial market. These include things like lavender oil, aloe Vera etc, which don't have any side effects.



Which Is The Best Skin Care Product?

There is really nothing like a best skin care product. There really can't be anything like 'The best skin care product', because skin care products work differently for different people (based on the skin type to some extent). A product that is the 'best skin care product' for one person might end up being the worst for another person. So, a more logical question to ask would be 'What is the best skin care product for my type of skin?' However, this still is not completely logical. We tend to segregate people into 4 groups based on their skin types – i.e. dry skin, oily skin, normal skin and sensitive skin. However, this classification is just too broad to be used definitively in determining the best skin care product. We can say 'best skin care product for a dry skin' or 'best skin care product for an oily skin' are better statements than just 'best skin care product'. But really, that is what it is – 'better'; still not accurate.

So, it really comes to rephrasing the question to – 'What is the best skin care product for me'. Yes, this is exactly the question that you should be asking, and unfortunately there is no easy answer for this. Arriving at the best skin care product for self will need some effort on your part.

First of all, you need to understand how the skin care products work. This is simple. You can consider all skin care products to be composed of 2 types of ingredients – Active and inactive. The active ingredients are the ones that actually work on your skin. The inactive ones just help in delivering these active ingredients to your skin. Both the ingredients need to work for your skin, in order for the product to be effective (and move on to become the best skin care product for you).

Besides the ingredients, the way you apply your skin care products is equally important. In fact, this is even more important. If you do not know how to apply skin care products, you might forever be hunting for the best skin care product for yourself, when that has already passed you. Moreover, it's also important to decide on the frequency of application (of the skin care product). The environmental factors - temperature, humidity and pollution level, also affect the selection of best skin care product. Here are a few rules that you could use to ensure that your best skin care product is really the best for you:

- * Cleanse your skin before applying that best skin care product.
- * Use a makeup remover instead of plain water and remove your makeup before going to bed.

Anti-Ageing And Skincare Made Easy

- * The effectiveness of active ingredients is reduced when applied over another product e.g. over moisturizer. So apply that best skin care product first and then apply a bit of moisturizer if needed.
- * Apply the products on moist and warm skin.
- * You will have to experiment with a few products before you arrive at the one that is the best skin care product for you.
- * Do not exfoliate too much or too hard.
- * Vary your skin care routine as per the seasons (winter/summer etc), changes in environmental factors and changes in your skin type

Note that the best skin care product cannot be determined overnight. It's only through experiment (and awareness) that you can find the 'Best skin care product' (for you).



Reducing Wrinkles: Is There A Way?

Reducing wrinkles is something that many of use look forward to doing. As the body ages, so does the skin. The sun, our diets and just our hereditary genes play a role in just how much we have to deal with this condition. One thing is for sure. If you don't want to look your age, wrinkles are something that should be on your mind. Engraved in the minds of all of us is that thought that if we have wrinkles, that it is a sign of being old. Yet, remember that wrinkles can happen at virtually any time during your life. That means, you may look older than you feel or actually are.

One of the most important things for you to do in order to tackle the well being of your skin is to be educated about it. Start by taking a look at what a wrinkle actually is. It is a ridge where the skin is no longer flat. Fine wrinkles just look like tiny lines but they are the first stages of much more drastic looking wrinkles. The folds of your skin, which is what wrinkles really are, can happen for a number of reasons. In theory, they are due to the skin becoming more elastic and the tissue underneath the skin becoming too loose or even removed partially.

Why did you have to get wrinkles? Most of the time, wrinkles are a part of everyone's aging process. The skin becomes looser as a result of losing collagen underneath. When that happens, the skin will fold naturally with gravity. For some, the extreme amount of wrinkles that they have can be due to over exposure to the sun, to a lack of a nutritious diet and even to hereditary factors.

Is there something that you can do about these conditions? There are. In fact, there are many things that you can do. Start with giving yourself the nutrients that your body needs to keep your skin looking amazing. There are over the counter treatments for wrinkles, too. Some of these work, while others do not. You can resort to plastic surgery or to chemical injections to restore the missing collagen. There are a number of ways to improve the look of your face and skin.