Everyone need to do skin care, but most of them don’t have time? Even if you're not great at fancy things, you can still treat yourself if you learn the fundamentals. Doing a good skin care and living a healthy lifestyle may help you look younger for longer and avoid skin issues. Consider our suggestion for a good skin care.

1. **Take precautions against the sun.**

Protecting skin from the sun is a crucial part of skin care. Results from life-time sun exposure are skin issues, wrinkles, age spots, and other can increase risk of skin cancer. For Maximal sun protection always Put on sunblock and avoid the sun from 10 to 4.

1. **Refrain smoking**

Smoking make worse wrinkles and the signs of aging. Smoking reduces blood flow to the skin's outer layers, leaving it looking dull and lifeless. This also prevents the skin from receiving the oxygen and nutrients it needs to thrive. Collagen and elastin are two skin fibers responsible for its strength and suppleness. Smoking is harmful for these two. Further contributing to wrinkles is the habit of pursing your lips while inhaling and squinting your eyes when exhaling. Furthermore, squamous cell skin cancer is more likely in those who smoke. The healthiest course of action for your skin is to give up smoking if you already use it. So, quit smoking for good skin care.

1. **Gentle care for your skin is essential.**

Constant washing and shaving might be irritating to the skin. Bathing with warm water will remove oils from your skin. Reduce the time you spend in the tub or shower, and opt for lukewarm rather than hot water. Avoid Soaps and detergents with a high pH level. It will remove the skin's natural oils. Cleansers that are too harsh can do more harm than good, so stick with the gentle ones. Always use shaving gel, lotion, or cream prior to shaving to protect and lubricate the skin. When drying off from a shower or bath, pat the skin so that some moisture is still there. Apply a moisturizer formulated for your skin type if it feels dry. Think about using a SPF-containing moisturizer on a regular basis.

1. **Consume a balanced diet**

In order to feel and look your best, eating healthily is essential. Fill your plate with fresh produce, nutritious grains, and lean meats. Although studies on this topic are conflicting; there is some evidence to indicate that eating a diet which includes fish oil or supplements is low in harmful fats and carbs will help your skin keep younger and clearer. Water is essential for maintaining healthy skin.

1. **Handle anxiety**

Acne and other skin disorders may be exacerbated by stress, which can also make the skin more sensitive. Stress management may help you feel and look better on the inside and out. Take care of yourself by getting enough shut-eye, imposing realistic limitations, reduce working, and making time for enjoyable happenings. The end consequence might be far more extreme than you anticipate.