

Special Report

Facial Skin Care *Secrets!*

**"Insider Tips
and Tricks To
Keep Your Face
Looking Young
and Vivacious!"**



and Vivacious!
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What You Should Know About Facial Skin Care

**Brought To You By
Skin Care Adviser**

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INTRODUCTION

Time is surely the most precious commodity we have, especially in contemporary times. However, probably no other resource brings as much return as time invested in something as constructive and useful as self-care.

Skin care indeed deserves a niche spot in our daily care regimen. Protecting and nourishing our skin to the best of our capacity is the least we can do to retain the charm of the famous 'baby skin', as they say.

Contrary to popular beliefs, skin care is not a matter of elaborate prices and complicated concepts. It is all about knowing yourself, understanding your skin type and being sensitive to what suits you and your personality.

A little care, along with a bit of awareness and effort is bound to get you rich dividends tomorrow along with adding that perfect touch of charm to your persona.

SKIN FACTS

The fundamentals of any field of knowledge are important to know and learn if you want gain an expertise or master the techniques of the field. The same holds true if you want to learn about the human body, its functions and essentials of its care.

Skin care is one of the most researched and well-studied aspects of human body care. The amount of knowledge available for this is so vast that it often becomes a tough task for the common person to assimilate all the information and decode it enough so that it can actually be of good use.

The following section gives you all the basic information about this wonderful organ of your body, in a format that is easy to understand, and carries a lot of valuable information you can put to use.

To begin with, it is important to know that the human skin can be basically of four types, including the below:

- **Normal Skin**, which is the middle path between oily and dry skin, with the main features being a soft tone and a smooth texture.

- **Oily Skin**, which has a shiny and thick texture and is more prone to large pores, pimples and blemishes. Oily skin is especially highly prone to blackheads.
- **Dry Skin**, basically having a very low level of sebum, having a parched look, mainly caused by the skin's instability to retain moisture.
- **Combination skin**, which is a combination of oily as well as dry skin, having an oily T-zone, comprising of the nose, forehead and chin.

Apart from merely being an outer covering that holds all of the body together, the skin of human beings performs a series of important functions as well. The most important amongst these is the protection it provides from external infections and bacteria of all types.

Our skin also acts as a primary sensory organ, enabling us to feel the sensations of heat, cold, touch, pressure and injury. It acts as a primary heat regulatory organ due to an immensely high level of blood circulation.

Science also proves that our skin is a major source of vitamin D, which it produces when exposed to the UV radiation present in the sunlight.

An organ having so many critical functions ought to be given one of the best possible protective systems, especially since it faces a series of hazards, ranging from air pollution and substance abuse, going up to the stage of faulty products and skin care techniques.

There are a series of concerns and conditions of the skin that need your proper attention and care. These primarily include:

- Tackling acne
- Caring for dry skin
- Tending to aging skin
- Developing a care regimen
- Choosing skin care products
- Skin diseases and conditions
- Home remedies

TACKLING ACNE

Acne is one of the most common reasons accounting for regular visits to dermatologists. This condition basically occurs when there is an over-activity or disorderly activity of the sebaceous glands, leading to the many eruptions and disturbances on the face.

A very common problem amongst people with an oily skin, acne can raise its head in various forms, including:

- Blackheads
- Whiteheads
- Papules
- Pustules

Besides, acne can also occur in the form of severe acne vulgaris, typically characterized by the formation of nodules and cysts. Meanwhile, there is another form of acne, known as acne rosacea, which usually affects individuals above the age of 30. This presents itself in the form of a red-colored rash, limited to the cheeks, nose, forehead and chin.

Very often, acne is also accompanied by bumps, pimples and blemishes. In severe cases, the forms of acne like acne rosacea also cause extensive swelling of the nose and growth of excess tissue.

To be able to manage acne effectively, it is very important to know what causes the condition. To begin with, the most important factor that could lead to the development of acne is a combination of family history and hormonal complications.

In many cases, there is an excessive accumulation of dead skin cells, which can lead to this disorder. In some individuals, the likes of adrenal and sebaceous glands become overactive, leading to an increased amount of secretions and hence, the condition of acne.

In addition, acne is also believed to be caused by a number of dietary components. These mainly include greasy and fatty foods, milk, seafood, excessive intake of carbohydrates and many more.

The treatment of acne is often taken up in a combination of therapies, including topical bactericidals and antibiotics, oral antibiotics, hormonal treatments and topical retinoids.

CARING FOR DRY SKIN

The skin you have is a gift by birth. There is no skin type that cannot be made to look good and stay healthy with the right combination of nutrition and care.

Xerosis, or dry skin, as it is commonly known can be caused and aggravated by a series of factors. Though the skin type is largely determined by birth, there are a number of circumstances and causes that can lead to the development of dry skin.

The climatic conditions you live in can become the most critical cause of dryness in your skin. The fall in temperature as well as humidity levels can lead to extensive dryness in your skin, due to the massive moisture loss.

Besides, people living in centrally heated environments for a major part of the day have also reported getting excessive dry skin, even if earlier their skin was normal or the oily type. In addition, frequent hot showers and the use of harsh soaps and detergents also cause your skin to turn dry.

To keep your dry skin in the best possible state, you need to be very careful of a few factors related to your general habits and lifestyle. To begin with, it is important that you get enough rest and sleep to help your skin restore its natural balance. Ensure that you follow a good nighttime care regimen with a good product suited to your skin type.

Develop and follow a proper schedule of cleansing, toning and nourishment with the care products especially suited to dry skin. The eyes are also a very sensitive and vulnerable region of the face for people with a dry skin. It is quite beneficial to use an almond-lanolin cream for this purpose.

Besides, individuals suffering from a dry skin are always advised against having frequent hot water baths and to avoid prolonged sun exposure, as far as possible.

TENDING TO AGING SKIN

As the years of our life progress further, the various organs in our body are living their own age. Skin, as it is the organ that faces the maximum exposure to the external atmosphere, tends to show the maximum signs of aging, right from the moderate ones to the most severe ones.

The most significant and prominent warning signs our skin begins to show are loss of elasticity and excessive dryness. Other changes include pigment changes, wrinkles, and looseness of the skin, and the most dreaded -- skin cancer.

The changes your skin undergoes due to the increasing age also differ in accordance with the age you are in. For instance, dark skin and blotchy spots

are the main problem in your 40s, while the most common problems in the 50s include sagging spots, age spots, thinning lips and the like.

If you want to age gracefully and do not want to get into the trap, then you can simply follow a few basic self-care measures to protect yourself, which could include:

- Maintain basic hygiene and cleanliness
- Wear comfortable and loose clothing
- Abstain from excessive itching
- Prevent excessive dryness in the skin
- Don't have extensive hot water baths

A basic self-care regimen followed throughout your 30s, 40s and beyond can significantly reduce the signs of aging on your skin. If need be, you can always take professional help and read literature available on the subject.

Besides, there are a series of antiaging products that are also available to help you in this stage.

These mainly include:

- i) Anti aging facial serums
- ii) Eye creams
- iii) Neck serums
- iv) Anti aging facial toners
- v) Anti aging facial cleansers

A total regimen with the finest anti-aging skin care products on the planet are sold online exclusively from [Amazon Organic Herbs](#) . Their pure, chemical-free Lluvia™ line of skin care products is created from organic plants and herbs, sustainably harvested from the Peruvian Amazon rainforest. You can order direct from [Amazon Organic Herbs](#) or email AmazonGarden@aol.com for more information on Lluvia™ skin care.

DEVELOPING A CARE REGIMEN

A skin care regimen always follows a set of rules and guidelines designed to aid beauty care and help in the overall enhancement of the state of health.

The most rudimentary, effective and time-tested skin care regimen follows the three essential steps of cleansing, exfoliating and moisturizing.

To begin with, the step of cleansing involves removal of make-up, dead skin cells, oil and dirt, along with various other pollutants from the skin. It considerably helps in unclogging pores and prevents skin conditions such as acne.

When purchasing a cleanser, it is important that you ensure that the product doesn't carry any harsh ingredients or other chemicals that might not suit your specific type of skin.

Moving on, the step of exfoliation is carried out to rub off the dead skin cells, bringing to surface the freshest ones. Chemical peels and microdermabrasion are the most common and successful methods of exfoliating.

However, as in the case of cleansers, exfoliating preparations should be used with extreme precaution. Any harsh ingredient or action at this step can actually damage your skin to quite an extent.

The last step in a basic skin care regimen is to moisturize. The skin's basic health drink, a good quality moisturizer usually contains a lot of soothing and curative ingredients like lavender which have a highly nourishing impact on the skin.

Experts also recommend that in case your individual lifestyle requires, you should choose a moisturizer with a higher SPF count. Also, it is important that you use a moisturizer only in accordance with your own skin type to prevent any adverse side effects.

CHOOSING SKIN CARE PRODUCTS

The methods, tools and techniques you apply for any therapeutic process actually determines the ultimate results you get. Where else can this hold truer than in the case of skin care products.

You might decide to save a few precious pennies and spend a bit less, but the cost you'll have to pay in the after years of life to cover the damage of a wrong choice of a skin care product will surely be unsurpassable.

It is a wise step to devote extreme care and precaution while choosing your skin care products. To begin with, you should know what type of skin you have and select the products accordingly.

Generally, it is quite common for the regular users to be able to select a particular brand that suits their skin type better. Of course, this can happen only once you've tried several brands and waited for a duration of time to see the long term results.

When deciding on your cosmetics kit, you should also be well aware of your skin type. For instance, you will not want your make-up to look awkward just because you chose a wrong tone of the foundation.

As we earlier mentioned, do not make price the base of your decision. It is of course not a wise decision to spend foolishly, but just buying a product because it is cheaper can actually cost you a fortune in future.

It is also important to know what type of make-up suits you. There are some women who look great with a heavily done make-up, while others look simply ravishing only with basic hues and tones.

As a learned and well-aware buyer, you should also spend a few minutes and go through the list of ingredients on the cosmetic's label and packing. Purchase and use skin care products and cosmetics with only the purest ingredients possible.

However, what tops the list of all your efforts is your own personal research for a product that will suit both, your skin type as well as your personal taste. Browse the articles at [Skin Care Adviser](#) to find more information on chemical ingredients in cosmetics.

SKIN CONDITIONS AND DISEASES

Skin problems and concerns normally stay up to the limit of cosmetic concerns or maximum go up to the level of personal inconvenience. However, for an unfortunate few people, skin conditions can become quite hazardous, painful and even fatal in some cases.

Talking of such diseases, skin cancer is the most dangerous and fatal form of a skin disease. It is typically explained as a malignant growth that exists in the outer layer of the skin. The most prominent and probably the immediate sign of the occurrence of skin cancer is a clear change in the appearance of the skin.

Conditions like the skin cancer are mostly caused due to factors including extensive sun exposure, heredity and even a history of chronic and unhealed wounds.

Skin cancer basically exists in three basic forms, including the basal cell carcinoma, squamous cell carcinoma and melanoma. Cancer of the skin is mostly treated with therapies like radiation therapy, surgery, curettage and cryosurgery.

Psoriasis and eczema are other serious skin conditions that usually develop a chronic pattern. It can be caused due to the genetic make-up and can even be triggered by various factors including skin infections, reaction to medications and a basic skin injury.

However, skin allergies are one of the most common skin problems. Ranging from urticaria to angioedema, skin allergies can assume very complicated forms and usually present themselves in the form of a typical rash on various parts of the body.

A practical combination of appropriate lifestyle measures, along with suitable medications is often resorted for the treatment of such allergies and skin conditions.

HOME REMEDIES

The range of beauty problems is so diverse and varied that to find a possible commercial product to cure each one of them is practically impossible.

Instead, what is preferable is to concentrate on the bounty of Mother Nature and try to use the wonderful herbs, almost and other ingredients of nature that can act as excellent skin care tools.

For instance, the herb, turmeric, is known to have a vast range of curative qualities, for a series of problems. When mixed with a base of curd and gram flour, it can be a wonderful solution for acne, besides having excellent healing properties.

Similarly, almonds are known to have a very good soothing effect on the skin, besides being beneficial for curing dark under eye circles. Honey is another excellent natural moisturizer having a very soft effect on the skin.

Other home products that can be extremely helpful as skin care aides include:

- Cinnamon
- Cloves
- Lemon
- Carrots
- Ginseng
- Lemongrass
- Mint
- Rose
- Eucalyptus
- Cucumber
- Potatoes
- Eggs
- Apricots

CONCLUSION

As our grandmas often said, *a stitch in time saves nine!* It is your own veto on how you want your life to treat you. Do you want the battles of life to wear you down and come out all stress and withered?

Or are you one of those who stand up and put themselves in the right gear and stand firm to face life head on?

Health is the key to your own welfare in life. Look after yourself today to reap the rich dividends of a golden health in the ripe years of your life.

Commercial products, home remedies and all other tools are only the mediums. The choice is yours, whether you just want to scramble through or are you all out to age with grace and charm.

To Your Whole Health!