

# YOU CAN HAVE HEALTHY SKIN

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## YOU CAN HAVE HEALTHY SKIN

With new research, new products and new skin protection advice popping up all the time, it is hard to figure out the best things to do to improve and protect your skin. A skin care program is the combination of skin care products and a routine that will be most beneficial to the skin. You will first need to consider your diet and type of life-style since these two factors play an important role in the health of a person's skin.

These days we seem to be living in the fast-food age and the condition of your skin is often neglected. You still can't beat the old fruit and vegetable diet when it comes to good health and a good complexion.

Remember to feed and nourish your skin by eating the proper foods. Give your skin a drink too. Those eight glasses of water a day your mom always told you to be sure to drink are essential to maintaining your skin's elasticity and suppleness, say experts. And don't count coffee or any of the caffeinated sodas as part of the eight glasses because caffeine is dehydrating. The water you choose can be sparkling water, mineral or straight from the tap. Another suggestion is that you keep a liter-size bottle close at hand, or simply drink a glass or two with your meals, and a few in between.

You need to give some thought and consideration to the type of makeup you use. And be sure to clean your tools regularly. Things such as cosmetic brushes get dirty and can carry bacteria and germs and may cause skin irritations and breaking out. One of the leading cosmetic authorities suggests that cosmetic brushes be thoroughly cleaned at least twice a month. A good way is to soak brushes for about 10 minutes in a dish of warm, soapy water using mild liquid detergent or baby shampoo. Rinse and blot excess moisture with a towel and stand the brushes, handle end down, in a tall glass until they are thoroughly dry.

Keep environmental pollutants from being absorbed into the skin with a good moisturizer that also acts as a skin barrier. Check the labels for those with added Vitamin A, C and E, which help block the penetration of pollutants.

A good exercise program such as aerobics can activate and rejuvenate the skin and improve circulation and blood flow. Also, body sweat triggers production of sebum, which is the skin's own natural moisturizer.

One skin care expert has come up with a do-it-yourself version of a treatment you may like to try. Stir the juice of half a lemon into one cup of plain yogurt. Keep it in the refrigerator and apply it as you would a cream every night before bed. You can even apply a thin coat of moisturizer over it if you like, after waiting about five minutes for the yogurt mixture to penetrate. With consistent use, you should see more even pigmentation and smoother skin in three to four weeks.

Get serious about stress reduction. Skin conditions such as acne appear on many people who are stressed out, and chronic skin conditions then tend to get worse. Set aside quiet time to meditate or daydream. Be sure to get enough sleep. To avoid morning eye or facial puffiness, sleep on your back so fluid doesn't collect there. And, you can keep the oil from your hair away from your face by wearing a head covering or a soft headband when you go to bed. And keep in mind that too much

stress can affect your overall health as well as your complexion. sk to get down to the essential things.