

Top 10 Skincare Tips

Healthy skin is really one of the most important ingredients for beauty-enhancement. As the largest organ our skin should be pampered. Sadly, we often forget about protecting our skin. So, let us see what these top ten skin care tips are:

1. Knowing your skin type is one of the most important skin care tips. This is important because not every skin care product will suit everyone. In fact, all the skin care products specify the type of skin they work on. When looking for skincare always look at the active ingredients, expiration date, and the amount of sunscreen.
2. 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). Water keeps your skin clean, pushing out bacteria and reducing the risk of acne and other skin problems. With oily skin your pores may become blocked, ultimately leading to acne breakouts.
3. Cleanse your skin regularly, morning and bedtime. Cleansing is especially important when you have been out of your house. The use of warm water for cleansing is best for your skin. Warm water helps loosen dirt but conserves your skin's hydrating oils. Cold water does not effectively remove the daily grime, and hot water may irritate and dry out your skin. While your body digests the water you should keep your skin hydrated with hydration serum. Hydration serums help balance your complexion and can prevent acne. Dryness causes the outer layer of your skin to break, leading to a rough and unattractive appearance.
4. Be gentle when washing. Wet your face with warm water and use your fingers to apply cleanser. Using something other than your fingers can aggravate your skin. Do not scrub your skin since scrubbing bothers the skin. Rinse with warm water and pat dry with a soft towel.
5. Make sure to exfoliate your skin 2 times a week, replacing your normal routine. This helps because on average we lose around 50 million each day. Removing the dead skin cells removes the barrier clogging pores and renews your skin. It helps to give your skin an even tone, makes your normal routine work better, and prevents acne.
6. Avoid the use of soap on your face, it is harsh and will remove good oils as well as dirt and sebum. Using soap will breakdown the hydration of your skin making it dry. Thus, leaving your skin looking dull, wrinkled and dry.
7. Finish your morning skincare routine by using sunscreen. Sunscreen protects you from the sun's harmful UV rays. Remember to use sunscreen even on cloudy days. UV rays are known to cause skin cancer, so follow this skin care tip daily.
8. 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.
9. Treat skin dilemmas with care. Consult a dermatologist before you use skin care products. The best products will be made by a dermatologist.
10. Beat the stress. The harmful effects of stress are known to everyone. Yes, stress harms skin too. So, take a break or indulge in a warm bubble bath or just get a good night's sleep. When you are stressed, you produce the hormone cortisol. Cortisol is known to produce more oil, destroys collagen. When your cortisol levels are high you can get signs of aging, weakening of the skin, uneven textures and acne.

PS. My all-time favorite hydration products are :

1. Active Hydration Serum – for the face
2. Active Hydration Body Replenish – For the rest of the body
3. Active Hydration Bright Eye Complex- for those tired eyes



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Life-Changing Skincare

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