

Skin Care: Proper Choice of Cosmetics

The cosmetics you put on your face can certainly do magic for how your skin would look like. However, it is very important to keep in mind that cosmetics can also be harmful if you do not exert care in choosing which type to use. Some popular brands of cosmetics and make-up have been found to cause certain skin diseases and other health problems. This is why, it is crucial that you only buy safe and healthy cosmetics that will contribute to the beauty of your skin.

Here are some tips on how to make the smart choice:

- Read ingredients of the product before buying. Do not buy a cosmetic product just because it has the label of dermatologist-tested or natural in front of the package. Look through the ingredients and study if these components are safe for your skin. When buying make-up, choose noncomedogenic and nonacnegenic brands. Avoid ingredients such as DMDM hydantoin, Imidazolidinyl urea, Parabens, "PEG," Triclosan, triclocarban, Triethanolamine, Hydroquinone, Oxybenzone.
- As much as possible, use only natural and organic skin products as well as cosmetics. For example, opt for moisturizers that have ingredients like apples, peaches, aloe vera, milk, apricot, and strawberry.
- Do not use old make-up or those that look or smell different from the time you first used it.
- Use petroleum jelly to take off hard-to-remove make-up. It is known to be very effective and best of all affordable.
- Wear light instead of heavy make-up. Light make-up can make you look good and more natural. It is also healthier for the skin. Whenever possible, give your face a break by not putting on make-up for a day or two every week.