

## **Expert Skin Care Advice: Secrets to Healthy Glowing Skin**

The skin is the largest organ of the body that is constantly exposed to dust, dirt and all sorts of harmful pollutants found in the surroundings. This makes it crucial for people to start taking skin care seriously. Not only is the skin vital to proper function of the body, but having healthy and beautiful skin can also do wonders in boosting people's self-confidence.

Achieving beautiful skin is not that easy. Skin care can be a complicated matter especially to those whose knowledge about it is limited to daily washing and avoidance of the sun. The truth is, skin care goes way beyond the usual routine of facial wash and sunscreen. It involves aspects such as acne prevention, anti-aging remedies, proper choice of cosmetics and the right beauty tips that will give you the correct definition of real beauty.

Here are some useful pieces of information that can help you attain wonderful skin you have always wanted for yourself:

### **Acne Prevention and Treatment**

Pimples, zits, acne—it comes in different names but the end result is the same: horrific-looking skin. Avoid having to suffer with a terrible skin by knowing how to prevent and treat acne when they appear on your skin.

- Wash your face twice daily with warm water and a mild soap but avoid excessive scrubbing. It would be best to use a soap specialized for acne prevention or treatment. Avoid over-washing as this may lead to skin irritation and worsen acne condition. After washing, cleanse with a lotion or cream containing benzoyl peroxide to decrease oil and bacteria.
- Cease the practice of squeezing your pimples. Doing this can lead to more inflammation and swelling of the acne. It can even lead to unsightly scars on your skin.

- Avoid touching face with fingers to avoid contact with bacteria.
- Never sleep with your make-up on, and make it a habit to wash your face first before you doze off.
- Wear loose-fitting clothes if you are prone to acne. Tight clothes hinder sufficient circulation, which results to rapid development of acne.
- Keep your hair off your face and prevent transmission of dirt to your skin. Same with the fingers, the hair can also expose your skin to oil, dirt and bacteria that can clog your pores, which invites acne development.
- Wear sunscreen for the face and the body when going out into the sun. Choose sunscreen that has protection against UVA and UVB rays. Avoid sunscreen that has Para Amino Benzoic Acid (PABA) as many people are allergic to this substance.
- If your acne becomes out of control, be sure to consult a dermatologist immediately.