

Taking Good Care Of Your Skin Today Is Going To Benefit You Not Only Now, But For Many Years To Come. It Has Been Proven That ...

Try to remove caffeine from your diet or, at the very least, try to consume less of it. Caffeine acts as a diuretic in your body. It sucks the moisture from your skin, causing it to look less healthy. Over time, it can even decrease your skin's natural elasticity.

It's important to exfoliate your skin gently but thoroughly on a regular basis. Exfoliation gets rid of dead skin cells and opens up your pores, which means that when you shave, you'll be less likely to get razor bumps. Exfoliation also gives your skin a polished, new look.

After washing your face with a mild soap you should apply a toner. Toners help clean pores and tighten them to prevent dirt and bacteria from entering. Lightly apply the toner with a cotton ball to areas of the skin. [s-acetyl glutathione reviews](#) contain alcohol, so it's best to check with a dermatologist to determine which toner is right

for you.

Some companies make oil absorbing sheets that are great when you don't have warm water and soap to wash your face. These can go with you on walks, workouts and any other time that you think you may need to wash your face on the spot. They fit into your pocket and can be thrown away after use.

If you are taking a bath instead of a shower, do not stay in the tub too long. The longer your body is submerged in water, the faster it will dry out, which will strip your body of the oils that it needs for optimal health. 10-15 minutes is the optimal time for a bath.

Reduce your alcohol consumption for great skin. While a drink or two per day is acceptable (and some studies say even beneficial), any more than this can cause more harm than good. Excess alcohol consumption can lead to your skin producing too much oil, as well as cause enlarged pores.

If you are a man and tired of the burning and stinging of aftershaves, maybe you should try a balm instead. Aftershaves contain alcohol, which really sting if you happen to have nicks or cuts caused by shaving. You

should opt for a balm that does not contain alcohol so that it soothes and heals your skin.

Shaving your legs and bikini line can leave unsightly bumps on your skin. After shaving, quickly run cold water over your legs to close the pores and liberally moisturize after. Without proper care, your legs will appear red and bumpy with infected hair follicles. Another great way to take preventative care is to use body oil instead of moisturizer after you're done shaving.

After you shave your face or any other body part, you need to apply a moisturizing product that does not contain any alcohol or fragrances. The alcohol and scents can burn or irritate the skin on your face. You should use a soothing product that will cool and tone your skin.

Tissue testing is a simple method for determining your skin type. Immediately after you wake up, lightly press a tissue against your face. You will be able to determine whether you have oily, dry, normal, or combination skin type by how much oil is absorbed by the tissue. This knowledge will be useful as you go to select skin care products.

If you have dry skin, choose a foundation that will moisturize it. This type of foundation is available in powder, stick, or oil-

based liquid. Using a good moisturizing foundation will keep your skin from becoming flaky and dried out, and will also ensure the foundation sticks to your skin well.

Finding the right skin care regimen is going to help you with your skin care needs. Hopefully, the information in this article will help you to get the results that you seek. This is the first step to caring for your skin. Apply these tips to your skin care regimen and you should be pleased.