

CLEANSING AND CARE OF FACE

Building a daily skin care routine

No matter what your skin type is, a daily skin care routine can help you maintain overall skin health and improve specific concerns like acne, scarring, and dark spots.

- **Cleanse Your Face Twice a Day.** Using a gentle, non-toxic cleanser, wash your face morning and night (and After bouts of excess sweating) to ensure that skin and pores are free of dirt, grime, and bacteria). Failure to do so can increase pore size, make skin oilier, and even cause acne.
 1. Be careful not to cleanse too often or you risk over-cleansing and drying out skin.
 2. Never wash your face with hot or cold water (both can cause broken capillaries).
- **Toners** - Before moisturizing and following your facial cleanser, a face toner is a quick, absorbing liquid that helps to remove excess dirt, traces of oil and makeup, correct and balance the pH of your skin, and helps control acne. In other words, a facial toner thoroughly cleans the skin and helps remove built up surface dead skin cells. By helping to clean and close pores, it's especially beneficial for acne-prone skin.

Alpha and beta hydroxy acids to gently remove dead skin cells that can clog pores, improve sun-damaged skin and minimize dullness.

Hyaluronic acid to boost hydration, seal in dewiness and plump skin to subtly treat fine lines.

Rose water and green tea to calm irritation and reduce redness with an anti-inflammatory effect.

Vitamin E and C to fight daily exposure to free radicals that can age your skin.

- **Moisturizer** The most basic function of a moisturizer is to hydrate and soften the skin. moisturizers assist in preventing water loss through the outer layers of skin.

Types: Oily skin – gel moisturizer- water based

Dry skin- cream- oil based

Normal or combination- lotion

- **Sunscreen** -are used to protect the skin from the harmful effects of the sun.

Not only can it dry it out, but it can also create damaging free radicals, which we know contribute to unwanted fine lines, wrinkles, and dark spots.

Sunscreens also help to decrease the risk of skin cancer and also of sunburn-like skin reactions (sun sensitivity).

Sunscreen acts as a first line of defense against the sun's harmful rays and should always be worn during prolonged times of sun exposure.

Exfoliating is the process of removing dead skin cells from the surface of your skin using a chemical, granular substance, or exfoliation tool. Your skin naturally sheds dead skin cells to make room for new cells every 30 days or so. Sometimes, dead cells don't shed completely. This can result in dry, flaky patches and clogged pores. Exfoliating can help prevent this. exfoliation can leave your skin

looking brighter and improve the effectiveness of topical skin care products by enhancing absorption. Regular exfoliation can also help prevent clogged pores, resulting in fewer breakouts.

Few important tips for a healthy glowing skin:

- **Fruit and vegetables** contain powerful antioxidants. Betacarotene, found in carrots, sweet potatoes and pumpkin, and lutein, found in kale, papaya and spinach are potent antioxidants, important for normal skin cell development and healthy skin tone. Vitamin C is also a super antioxidant. best sources are blackcurrants, blueberries, broccoli, guava, kiwi fruits, oranges, papaya, strawberries and sweet potatoes. Vitamin E protects skin from oxidative (cell) damage and supports healthy skin growth. Food's high in vitamin E include almonds, avocado, hazelnuts etc...
- **Stay hydrated** Skin needs moisture to stay flexible. Even mild dehydration will cause your skin to look dry, tired and slightly grey. Drink six to eight glasses of water a day.
- **Exercise Regularly** Exercise – like doing yoga or going for a run – helps to increase blood flow to skin to help keep it clear and free of toxins. It also helps to decrease stress.
- **Get Plenty of Good Sleep-** Getting good, restful sleep is essential for proper skin cell and tissue rejuvenation. A good night's sleep can mean good skin health because when you're sleep-deprived, your body makes more of the stress hormone cortisol. Elevated levels of cortisol can lead to increased stress and inflammation in the body, hurting your skin's quality.

CARE FOR YOUR LIPS

The skin on our lips is much thinner than the skin on the other parts of our body. This makes it easier for them to crack and chap and makes it much more important for us to take extra care of. Our lips have a lesser amount of oil glands and no ability to create the sun-filtering natural melanin. This means that they have virtually no protection of their own.

Chapped lips are most common in winter, when the cold, dry air dehydrates our skin. Dry air, sun and wind will equally dry your lips all year round. Regular use of lip balm offers the fastest remedy for chapped, dry lips.

Here are some simple tips that will help you to take care of your lips:

- **Do not Touch or Lick your Lips:** Never lick your lips. It might feel good for the moment and also feel hydrating for your lips. But once the saliva evaporates, it will leave the lips even drier. The enzymes in the saliva are simply too harsh on your delicate lips.
- **Follow Healthy Diet Plan:** Vitamins and other nutrients reflect directly on the condition of your lips. It is essential that you stay on a healthy diet to have lovely lips!
- **Stay Hydrated by Drinking Lot of Water:** Drinking plenty of water not only will help your body stay healthy, but also keep your lips moist. This will stop dryness and cracking and make your lips appear fuller and healthier.
- **Protect your lips against the sun by using sunscreen:** Sunburn can cause cancer, blisters, cracking, and peeling. Use lip balm that contains sunscreen (at least 15 spf), or a sunscreen on your lips. Use this every day to help protect your lips against the sun.

- **Remove Makeup:** Your lips need to be able to breathe by being clear. Make sure you remove all traces of makeup from your lips before you sleep. Use a damp cotton ball and wipe your lips clean.
- **Massage your Lips:** Use some nourishing oils to massage your lips for about 5 minutes every day. This improves the blood circulation in your lips and ensures that they get the nutrients that are needed. Helps to hydrate and maintain moisture.
- **Exfoliate with a lip scrub.** Exfoliating your lips will help to remove dead layers of skin and help generate regrowth of new skin cells. Use any mild scrub that is available in the market for lips. Alternatively, you can make your own lip scrub at home with some sugar and honey.
- **Always Carry a Lip Balm:** You never know when your lips tend to start drying out. Make sure you have a good creamy and hydrating lip balm with you even while you are traveling.

CARE FOR YOUR EYELIDS

The skin around your eyes is one part of your body that can show the earliest signs of premature aging, particularly without proper care.

First, the skin around your eyes is thinner and more delicate than the skin on other parts of your body.

Genetic reasons, ultraviolet (UV) rays, external stressors, and lifestyle choices can also cause the skin around the eyes to age more quickly.

- **More sleep-** People can make sure they are getting enough quality sleep each night to help reduce or prevent dark circles.
- **Cucumber-** Applying cucumber slices to the eyes may soothe tired eyes and reduce swelling. The high water and vitamin C content of cucumber may help to nourish and moisturize the skin.
- **Tea bags-**Tea bags may help lessen dark circles and puffiness under the eyes. Caffeine has antioxidant properties and stimulates blood circulation around the eyes.
- **Facials/massage-** Poor circulation around the eyes can cause the appearance of dark circles. Gentle massage around the eye area through a facial can help to improve circulation.
- **Antioxidant skincare products-** Face creams and under-the-eye products that contain antioxidants may help to reduce the appearance of dark circles. Vitamins E and C are antioxidants that may help treat dark circles.
- **Makeup-** Although makeup will not alter dark circles, people may want to use an under-the-eye concealer for cosmetic purposes.

CARE OF HAND

People often do not realize how important it is to wash their hands every day. In fact, regular hand washing is one of the best ways to prevent bacterial diseases and skin conditions. You come into contact with millions of bacteria every day, usually by touching something with your hand.

General routine to follow:

- **Cleansing:** When washing your hands, follow these simple guidelines: Use water that is hot but not too hot as it may damage or irritate skin. When washing your hands, use soap or a gentle cleanser. After you finish lathering your hands and arms, rinse them off with warm water and dab them dry with a soft towel or an airdrying device. For the protection of your skin, avoid rubbing them too vigorously with a towel.
- **Exfoliate your hands weekly:** Use a hand scrub once a week to buff away the dry, rough skin and keep your hands soft and healthy.
- **Moisturise:** Apply hand cream regularly to ensure that your hands stay soft, and hydrated. Look for a formula that contains emollient ingredients, such as glycerin, shea butter, and natural oils. Massage the cream in after you wash your hands in the morning and before you go to bed at night.
- **Protection from sun-** Use sunscreen on your hands whenever stepping out from the house.
- **Wear gloves when doing chores-** Plenty of the tasks that you have to do around the house can do damage to your hands. Whether you're washing dishes, doing hard work, or working with tools, always put on a pair of protective gloves first. That will keep your hands from getting dry, cracked.

CARE OF FEET

Make sure to wash your feet daily. Feet tend to get dirtier and sweatier than other parts of the body, so it's important to have good sanitary habits.

- Wash them with soap and warm water. This will cleanse your feet of sweat, dirt and bacteria that might be living there. Pay extra attention to the spaces in between the toes. Wipe your feet gently with a towel afterward.
- While you're washing your feet, use a pumice stone to buff your feet, exfoliating your skin. This also massages the heel and soles of your feet.
- Massage a moisturizing lotion into your feet everyday.
- Wear the right footwear: Many people who shop for shoes put style above comfort, cramming their feet into shoes that are too tight or too high. Ill-fitted shoes can cause many foot problems.
- Get rid of odors: Try changing your socks more often. Keep your shoes clean. Sometimes the odor is worse when sweat and bacteria build up in shoes. Then every time you put them on, the problem is perpetuated. Wearing socks with your shoes, cleaning them every so often and buying new shoes when it's time are all ways to reduce odor. Try foot powder. There are many products designed to keep feet dry and odor-free. Try sprinkling foot powder, baby powder or talcum powder in your shoes before you put them on.