

Cultural Daily

Independent Voices, New Perspectives

How to Take Care of Your Skin

Our Friends · Tuesday, March 10th, 2020

Everybody in the world craves for a clear skin that is glowing and free of acne. Though not everyone has the same skin type, there are specific ways that you can use to reach your skin goals. Regardless of the skin type, an everyday routine of skincare can assist you in maintaining an overall healthy skin condition and deal with specific issues like scarring, dark spots, and acne. A daily skincare routine usually requires appropriate steps to be followed everyday right after you wake up, and before you go to sleep.

We have discussed down below some methods that you can successfully practice to maintain a healthy skin condition:-

Rest and healthy Diet

It should come to no surprise that proper rest and a healthy diet help you keep healthy skin. It includes having an appropriate routine of sleeping since stress and fatigue are a common cause of acne outbreaks and some other skin issues, so make sure that you enjoy a comfortable, good night's sleep.

A healthy diet comprising a lot of fruits, vegetables, lean protein, and whole grains can give your skin the glow that you desperately want. Consuming a lot of fried and junk food is a significant acne cause, and a lot of people are seen struggling with it. Research has shown that a diet that contains the use of fish oil supplements along with a lesser quantity of unhealthy fats and refined carbohydrates promotes a younger skin.

The importance of keeping your skin hydrated should not be undermined. Drinking plenty of water is proven to deal with acne, giving you a glowing and healthy skin. Water remains one of the most important things in keeping your skin in excellent condition.

Cleansing everyday

Cleansing your face every morning when you wake up and before you go to sleep with a mild, non-toxic cleaner is a very effective way of achieving clear skin.

It is essential that to do it twice, especially before going to sleep because, during the day when you go out, the dirt and pollution from the environment block your pore, leading to acne breakouts. So cleansing your face twice certifies that the pores along with your skin remain free of dirt, dust, and germs, However a failure to perform the act can lead to increased pore size, oilier skin and cause

acne outbreaks. So a daily routine of cleansing remains an everyday necessity.

Exercise

Daily exercise is not only essential to remain healthy, but it can also give you the bright and shiny skin that you have always dreamed of having. Yoga and running are an ideal way of achieving your clear skin target; it assists in increasing blood circulation to your skin to ensure that it remains clear and toxin-free. It also supports decreasing stress, which is proven to have an unprepossessing effect on the skin.

Moisturizer

Moisturizers are essential, and every person should use them, especially after cleansing your face during the morning and night. You can choose a moisturizer according to your skin type. For everyday use, a moisturizer that comprises of SPF is the ideal choice.

Making sure you're using high-quality perfumes is also important, there are a lot of perfumes out on the market that will dry out your skin too much. Copycat Fragrances are a good choice, they use vegan-friendly ingredients and [their perfumes are really cheap](#).

Increasing consumption Antioxidants

Antioxidants nullify free radicals, so you must get enough of these in your system. Using products that contain essential components like Vitamin C or consuming dietary items like Green Tea, Pomegranate, Licorice Root, and Olive Leaf along with strawberries, broccoli, and blueberries can help you get a lot of antioxidants in your body.

Using sunscreen before going out

Most of the people don't take any safety measures before going out in the sun. If you have to spend the majority of your time outside, then you must use a sunscreen before you go out. Using a broad-spectrum sunscreen that has an SPF of 15 or above can protect you from the harmful sun rays. We advise you that if you have to spend the majority of the time outside, then you should reapply the sunscreen after 3 hours.

Exfoliating your skin

When your skin is flaky and dry, you can be lured into scrubbing it with harsh ingredients; however, doing so can cause skin irritation or end up breaking the elusive skin capillaries. You should instead consider exfoliating with gentle ingredients like alpha hydroxyl acids (AHA) that are naturally found in fruit acids.

Serums

Using a serum before a sunscreen can give you advanced protection against the harmful sun rays. Also, it helps you maintain a shiny skin. Selecting a serum that is rich in vitamin Peptides or growth aspects is ideal for wearing under a sunscreen. However, if you intend on using a serum at night, a serum that contains retinol or recommended retinoid are the best choice. People also use serums before putting up makeup. For that purpose, a serum that contains Vitamin E, C, and retinol is the ideal pick.

Everyday Routine

There are specific daily tasks that might have a direct or indirect effect on your skin:-

Limiting Shower Time

Many people like taking long showers, but it might not be the best thing to do. Showering for long removes the natural oils from your skin that can cause irritation or skin problems. Using hot water is another major problem; instead of using hot showers, you should use warm water.

Avoiding strong soaps

Certain soaps contain a high sulfur content that can damage your skin; we advise you to use gentle cleansers instead.

Shave cautiously

To safeguard your skin, you should always apply shaving cream, gel, or lotion before shaving. For the handiest shave, you should always use a clean, sharp razor. Shaving in a similar direction in which the hair grows instead of against it can prevent shaving problems that lead to skin irritation.

Also, make sure you use aftershave that is gentle on your skin, we don't want to dry your skin out too much!

Drying your skin

Most of the people after a bath use the towel pretty roughly to dry their skin. It can remove the necessary moisture of the skin. The best way is to pat your skin dry by a towel mildly, so some moisture remains on it.

Photo: [unsplash-logo](#) Noah Buscher

This entry was posted on Tuesday, March 10th, 2020 at 11:04 am and is filed under [Lifestyle](#), [Sponsored](#)

You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. Both comments and pings are currently closed.