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## Basic Healthy Skin Care

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A basic skin care routine is important for healthy skin. This article shows you tips on how to properly care for your skin, from the correct way to wash your face to the right moisturizers to use. So what are the top eight skin care tips? They are: Tip #1: Know your skin type. You'll need to choose a product that will work well with your skin type. All skin care products are specifically made for certain skin types. The way you care for your skin is completely dependent on the type of skin you have: normal/combination, sensitive sun-damaged, oily, or dry. Tip #2: Cleanse your skin daily (1-2 times everyday). Cleansing is important to remove the dirt and harsh elements we are exposed to outside our homes. Avoid bar soaps that can dry out your skin. Use warm water to loosen dirt and clogged pores. Use a very small amount of cleanser rinsing with lukewarm water. Remove your makeup with a makeup remover. Tip#3: Exfoliate. You shouldn't skip this step. When you properly exfoliate your skin each week the difference in your skin is almost immediately noticeable. Men's skin looks more youthful than women's because of the daily exfoliation that takes place when they shave. There are several ways to exfoliate skin: Microdermabrasion, chemical peels and retinoids.

Exfoliating skin once a week with a microdermabrasion kit helps skin glow year-round. Use a scrub that is gentle, containing tiny grains. Be gentle. Don't scrub/exfoliate too hard or too often. Chemical peels can take up to 5 years off the appearance of your skin. Retinoids, like Retin-A, remove the top layer of skin. As we age this layer of skin breaks down, creating lines and large pores. Tip #4: Drink plenty of water. Water keeps your skin moist and helps your overall health. Try to drink at least 8 cups a day. Tip#5: Moisturize. No matter what type of skin you have, you should use moisturizer. Why? Moisturizers help to keep moisture in our skin. Dryness causes the outer layers of your skin to crack giving your skin a rough appearance. Moisturizers should be applied to slightly damp skin. Tip #6 Use sunscreen: Sunscreen protects your skin from the sun's harmful UV rays. Purchase your daytime moisturizers with built-in sunscreen. Use them everyday, even when it's cloudy. Sun damage is the number 1 cause of wrinkles so it's important to use sunscreen starting in your early years on even in winter #7: Exercise and Good Sleep. Lack of sleep leads to wrinkles forming below your eyes and a lack of exercise makes you skin slack. Good sleep and plenty of exercise also help fight off stress, another cause of poor skin health. Tip #8: Treat skin problems quickly. Don't ignore skin problems. Consult a dermatologist for severe acne, rashes and other skin ailments before using any skin care product. A little prevention early on can eliminate major harm to your skin later on. There you have it. The top eight tips for basic healthy skin care. Follow these tips for healthier looking skin.