
Simple Sensitive Skin Care

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Sensitive skin can best be described as skin that gets irritated easily by environmental or foreign material such as skin care products. Sensitive skin is easily irritated or reacts quickly to irritants. Using skin care products labeled specifically for sensitive, you can have healthy skin. The signs and symptoms of sensitive skin include tingling, tightening, or discomfort without any visible signs. You might quickly react negatively to cosmetics and household products. Your skin reacts excessively to shaving, stress or the weather. There could be widespread redness, drying and recurring irritation of your skin. If you've seen the dermatologist and he's ruled out eczema, rosaceous or psoriasis. You're skin has a low tolerance to cold, heat, wind, temperature changes, or pollution Sensitive skin needs to be handled with care. Watching what you eat, reading labels and finding the right products and taking a few necessary precautions can help you have healthy sensitive skin. The degree of sensitivity can vary from person to person making the sensitive skin care procedures vary. Sensitive skin care products should always be used. Products labeled for sensitive skin are specifically formulated for delicate skin. If your skin is sensitive, don't use skin care products containing defoliants. They will remove dead skin cells, but can also be the major cause of irritation, in most cases for redness too. Choose products that have a minimum of preservatives, artificial colors and additives. Perfumes and scents can be irritating to skin. Look for mild, soap-free and fragrance-free cleansing products that are designed to gently clean. They don't remove essential oils needed for healthy soft skin. Do not use toners. Toners are alcohol based which isn't recommended for sensitive skin. Protect your hands when working with chemical cleaning products or doing laundry. Cotton gloves can be worn in place of rubber gloves if you're allergic. Apply sunscreen when outside. Excessive sun exposure irritates sensitive skin. You should also avoid exposure to dust and other pollutants. Wear long sleeves and pants if necessary. Winter can be harsh on sensitive skin. In cold weather, use extra moisturizer on your face, hands, body and feet to make up for the dryness of the season. Do not scrub or exfoliate too hard. It can cause reddishness and even inflammation. Handle with care! In their place, choose special, anti-irritating liquid cleansers. Do not leave the makeup on for too long. Gently clean with mild cleansers. Use hypoallergenic makeup-removers. What does hypo-allergenic mean? Hypo-allergenic means that the most common skin allergens are no longer included in the skincare product as well as eating healthy foods, avoiding processed and oily foods. So, it is very obvious that skin care for sensitive skin is somehow quite different from the method that we use to maintain condition of normal skin care. The person who has sensitive skin care may have to be more careful with their skin (both for selecting and using any kind of products as well as protective approach from outside environment that may harm to the skin).