

Skin Care 101

Your Guide to Various Skin Types



INTRODUCTION

Taking care of your skin

Are you taking proper care of your face? Hey, I'm serious here. You don't want to look 35 when you're only 25. This unfortunately happens far too often when folks disregard their complexion. All it takes to preserve that youth and beauty is a little effort and a good image skin care system.

Indeed, when it comes to skin care, there are a few things you may want to know. Are you ready to get your delicate skin looking radiant, smooth and beautiful? This is the crucial time, people. Read on and learn from real experiences of real people.

Dry Skin



People are made differently. We come in various races, shapes and sizes. While one individual may have flawless skin, another could be afflicted with severe acne. Much lies in the genetics of our parents. But, regardless of the skin type you have, there are ways of dealing with it and keeping it looking great. You just have to understand your skin's needs and proceed regularly with the right skin care products. For example, I have dry skin. This means I need to focus more on moisturizing than I do cleansing. And if I need to treat acne, I should choose a 4% niacinamide cream, such as Acnessential, since niacinamide is a fantastic moisturizer as well as acne treatment. Or I could use a [niacinamide serum](#) as my moisturizer.

As a teenager, I watched my best friend suffer with some of the worst acne I'd ever seen. This guy endured countless breakouts on his face, back and chest. All the while, I dealt more with **dry, flaky skin**. So while he needed prescription acne treatment creams and gels, I required more gentle dry skin care solutions. I got into the routine of cleansing my face only once each day, which was at night time. I used and still use a gentle facial cleanser which

works great for my dry cheeks and forehead. When I rise in the morning, I simply wipe my mug clean with a damp washcloth. No cleanser is needed. In addition to cleansing properly, I apply a moisturizer. I do this in the morning and night to ensure optimal moisture. If I do not apply the moisturizer, my complexion will feel tight and dry. If you also have dry skin, then you know what I'm talking about.

Don't forget the basics! Dry skin care means using tepid water and patting your face dry. The mild water will not strip your face of its essential oils. Remember to apply your moisturizer of choice immediately after washing your face. And I always chose one that contains niacinamide. It will absorb better and do its job, locking moisture in the epidermis. Naturally your diet also plays a part in caring for your skin. Fresh fruits and vegetables will benefit any skin type. Finally, you'll want to make certain you drink plenty of water on a regular basis in order to stay hydrated.



Sensitive skin care

Our faces are not like the rest of our bodies. You may not have known this, but your face is an organ. It demands and deserves special care. If you fail to comply, it will show in your complexion. This could mean anything from acne breakouts, dry patches, razor bumps, fine lines, and sun damage. Treat your mug like gold and people will know. For some this is not



so easy. Unfortunately some people are afflicted with sensitive skin. This means their faces require sensitive skin care. But luckily, there are products just for this.

Most cosmetic companies now carry sensitive skin care lines. They try hard to appeal to the entire audience. Just to name one, Aveda offers a highly recommended sensitive skin care line as gentle as they come. I know a little about this one since my mother uses it daily. She loves the concept of plant extracts used in Aveda products. Folks are really going for the natural solutions now days. I think we're on a mission to rule out chemicals and harsh ingredients. Anyway, this sensitive skin care line is just one of the many.

Personally I highly recommend a cleanser which is inexpensive and available at any drugstore. There is a very gentle face wash that even works well for those burdened by sensitive skin.



You don't have to purchase high-end cosmetics in order to get quality. Although there are plenty on the market, they don't represent the be-all end-all to sensitive skin care. Look into drugstore brands such as Neutrogena. This company offers a wide variety of skin care solutions for most skin types. And if you're looking for something a little pricier, you can always check out spa brands like Pevonia, Kinerase, and Murad. But, I have to warn you in advance; these sensitive skin care lines will cost you a pretty penny. It's important to look at the big picture and remember you will be buying these sensitive skin care products on a regular basis if you choose them as your regime. For additional assistance concerning sensitive skin care and solutions, you may want to consider seeking the advice of a dermatologist.

Oily Skin



Oily skin can cause pimples, rough pores, blackheads and other embarrassing blemishes. For a teenager, this condition is life threatening!

Well, not quite. While it's not exactly the end of the world to get a pimple or skin rash, oily skin treatment is important in taking care of a person's body and to restore his or her self-confidence.

This condition is caused when the sebaceous glands are overactive and begin producing excess oil. This makes the skin shiny and causes the pores to become enlarged. This condition can be caused by heredity, diet, hormone levels, certain cosmetics, excessive exposure to humidity and heat, pregnancy and birth control pills.

While mostly prevalent in teenagers because of changing hormonal activity, it can affect people at any age. However, as people outgrow adolescence their skin becomes dryer, thus decreasing the amount of oily skin and blemishes. It's not uncommon for a young person to see their skin progressively improve once they enter their twenties.

Here are a few suggestions in seeking oily skin treatment. Oily skin should be regularly washed with plenty of hot water (not just lukewarm) and soap. This prevents the pores from being clogged. But don't over wash, more than say 3 times a day, or else you may actually stimulate more oil production.

Getting oily skin treatment would also mean avoiding cosmetic products that strip your skin of oil and encourage flakiness. This can lead to a reaction known as Reactive Seborrhea, where the oil glands start to



overcompensate and strain because of the loss of natural oils. Use oil-based cleansing products but avoid any lotions or cleansers with alcohol. Finish up after cleansing with an oil free moisturizer to keep your skin supple.

Other recommendations in oily skin treatment are to have a good diet, not eating or drinking too much sugar, fluids, fats and salt. Eat healthy foods that contain vitamins, or order vitamins themselves. Vitamin B2 for example is important; if there is a shortage then oily skin could be a reaction.

Avoid excessive fluids but drink plenty of water. Avoid cooking with oil and further maintain your health by sleeping well and exercising regularly. If

you smoke oily skin treatment is the least of your problems. Less oily skin is one more reason to quit smoking.

In addition to natural oily skin treatment, you can also purchase antiseptic night cream and cosmetic products that offer oily skin treatment. Make sure to take care of your skin and use an antiseptic protection before applying make up.

While having a blemish on your face is not the end of the world, luckily in this modern world there is oily skin treatment to help take care of that pretty face.

Skin care for Acne

You've tried an array of on-the-spot treatments, gels, cleansers, and astringents that promise the world, but none of this stuff seems to work. Hey, guess what? Big surprise! The truth is



when it comes skin care for acne; the majority of it fails to work properly. Sure, it may work on some random individual somewhere, but the important aspect is that it's NOT working for you. This is a problem! What you need is an acne solution that really gets the job done right. A pimple remedy that literally clears up your complexion without over-drying your delicate skin. Now, is that really too much to ask for?

Different products work for different people. If you were to approach me and say that you're seeking skin care for acne that really works like it's supposed to, I'd tell you to first see a dermatologist. This is a crucial step. If it is possible, try and seek the advice of a professional first. He/she can give you the rundown on your particular skin type and current afflictions. In all likelihood the dermatologist will make a few suggestions regarding your diet and cleansing process, and proceed in prescribing you a powerful treatment. Maybe it will consist of a topical cream like Differin and/or an oral medication

that works from the inside out. In most cases this will get rid of acne problems or at least dramatically reduce them. A second route to effective skin care for acne is Acnessential 4% niacinamide cream. You may not have heard of it, but



uni studies have proven that 4% niacinamide cream helps 8 out of 10 acne sufferers clear their acne. You can learn more about it by Googling “Acnessential niacinamide cream”.

One crucial point to remember is not overdoing it. Many teenagers and adults, who are afflicted with severe acne, resort to harsh cleansing routines. Maybe they wash their face with powerful acne cleansing products up to four or five times each day. This is too much and will result in over-drying, and more acne breakouts. The best skin care for acne doesn't always require the most work. Be gentle with your mug and it will clear up faster.

Skin Blemishes



I've learned a few things about acne and breakouts over the years. One is that their caused by certain catalyts. Now, these catalyts can be introduced into your body or they can concern your skin's exterior. One of them is your diet. You'd better believe that what you consume can bring about skin blemishes galore. No, I don't mean chocolate. Unless you're allergic to it, I doubt you'll break out from munching on a Snickers. However, I do mean sugar and fat. These are common culprits. Too much fat and/or sugar can definitely cause you to breakout with skin blemishes. I remember this every time I consume a large portion of sweets and then get up the next morning to see a battlefield of zits on my face. It's never a pretty site. Always keep your diet in mind where acne is concerned. I think you will see quickly how much vegetables and water aid your complexion. You are what you eat after all!

Stress can also cause breakouts or skin blemishes. This concerns your oil glands. They often go crazy when you're stressed out, hence pumping out way too much oil. This results in a catastrophe of pimples. Now, you can fight

back with the right products. Even though I can't tell you which treatment will aid you best, I can recommend a few things.

Okay, we already said diet, and there's also the regular use of a gentle cleanser. Keep those pores clean and oil free. Use tepid water always to avoid over-drying the skin, and if you are part of the 2 out of 10 people that Acnessential



niacinamide cream does not help (remember the uni study that demonstrated 8 out of 10 acne sufferers are cured), then see a dermatologist for prescription medication options.

Aging Skin Care

No matter how old you are, it's never too soon or too late to be worried about aging skin care. Your skin, being the outermost layer of your body, is the



part of you that people see, and reflects your overall state of health and age. If you are concerned at all about how you appear, it's therefore a good idea to take good care of your skin.

The best method of aging skin care is to start young. The effects of age on skin doesn't happen overnight, and actually starts occurring right after you're born. Actually, you could even argue that your skin begins to 'age' the moment it is formed inside the womb. Although it seems to age all of a sudden for a lot of people, in a period of just a few years, the visible effects of aging skin are the result of a process that has been happening for as long as you've been alive.

So the sooner the better with aging skin care. What causes skin to age is a few different things, but the major visible reason for aging skin comes down to damage done to the elastic proteins your skin has to keep it tight. What causes the damage is chiefly free radicals. What the heck are free radicals you

ask? A free radical is just a fancy chemistry word for an oxygen compound gone wrong. It actually doesn't have to be oxygen, but in our environment it almost always is. An oxygen molecule that has been split is highly reactive and very corrosive to pretty much everything it comes in contact with, including the proteins in your skin.

Since oxygen is everywhere, you can't really avoid this corrosive effect all together. However, you can lower the amount of free radicals that occur in your skin in a few ways. UV radiation is a major source of free radicals, as it is just the right wavelength to split oxygen molecules, so staying out of the sun is a good form of aging skin care. A little sun light everyday is okay, and actually good for you, but its never a good idea to lay out all day in the sun if you're worried about aging skin care. Even using sunscreen, some UV rays are going to get through and do damage over time.

Another key form of aging skin care is to avoid tobacco and alcohol. Smoking anything, especially tobacco, is a great way to infuse your entire body with free radicals, and too much drinking will do the same.

Now I've saved the best advice to last. I've mentioned the importance of preventative measures, but there is a moisturizing vitamin that can be applied topically that not only helps prevent and slow down the appearance of aging,

it actually reduces fine lines and wrinkles, giving the appearance of younger skin, and boosts the skin's immune system. Many report that their complexion is left "glowing", and hyperpigmentation and age spots fade. This is backed up with numerous university studies. So what is this amazing vitamin? It is vitamin B3, in the form of niacinamide. Not only does it clear the skin of acne and blemishes, as we've previously mentioned in this report, but its antioxidant properties protects the skin from sun damage, roughness, and dryness...leaving the skin hydrated and youthful looking. You can learn more by Googling "niacinamide benefits." Topical niacinamide comes in various forms, such as lotions, creams, gels, and serums. You can learn more about the serum version of niacinamide by clicking [here](#).

For more information on how to
[improve the overall appearance and](#)
[health of your skin](#), please visit
[NiacinamideSerum.com](#).

