



Skin Care for Everybody

We weren't all born with perfect hair and skin; however, there are many useful ways than those granted to us by nature

Many women spend thousands of pounds on latest beauty fashion to look younger and more attractive, while others care about the foundations. So what about you?? Are the financial compromises worth the beauty that women from all around the world seek? Let us show you how to restore your beauty in all ages....

Teenage

Due to the hormonal changes that take place inside the teenager's body, internal reactions start taking place by occurrence on skin surface in an obvious way. Hormones affect the skin in a serious way causing Acne and oily skin. Only a few lucky ones are saved from teenage skin problems, for many reasons like healthy nutrition systems, personal hygiene and some hereditary factors. And mostly the problem occurs in the form of oily secretions especially in the face and the T zone, and dry cheeks. So how could we handle this problem??

Advices for Skin Care

- Clean your face morning and night, use special medical soap so that the skin would not lose the natural oils it secretes. Do not over-clean so that the oil secretions don't increase
- Use cleaning solution that is alcohol-free to balance the oily skin
- Do not scrub or scratch oily pimples, or it leaves a scar that is hard to remove
- Avoid eating fatty food and food rich in sweet as they stimulate oils secretion

Twenties

At this stage, skin is usually soft and problem-free; there might be remaining some blisters, but they go away if you keep a good routine for skin care. Try to increase the moist in your skin and stay away from driers like tobacco, alcohols and chlorine, and also climate changes that might cause skin dryness. Drink a lot of water, it refreshes your skin and keeps it healthy and vital.

Advices for Skin Care

- Clean your face morning and night, use soap that contains cream or natural oils, do not use cheap soap that cause dryness
- Avoid sun exposure, use sun protections and blocks
- Use moisturizing cream directly after washing the skin



- Use a facial cleaning mask and remove the cuticles every week
- Leave your skin breathe, remove your make up every night

Thirties

Skin gets more sensitive at the thirties, as skin gets mature and sensitive in a specific way, and this is the final stage that determines how your skin will look like in the following years. Treat your skin gently; give it the nutrients it needs, through juices and fruits rich in vitamins A and D and the antioxidants, or through the creams that contain these vitamins. Do not leave your skin thirsty at all, drink a lot of water and avoid exposure to direct sun rays, and be gentle on your skin

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- Use a facial cleaning mask and remove the cuticles every week
- Use creams to protect the areas around the eyes

Forties

Cells start decreasing their activity, and if it didn't get enough of the nutrition it needs in the last years wrinkles will start to appear around the eyes, the forehead and the chin. And the skin might get dry if you don't moisturize it by using nutritive creams. And dry skin is the worst that could harm your skin, as it absorbs the shine and vitality leaving it like a dry desert

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- Use a facial cleaning mask and remove the cuticles every week
- Use creams to protect the areas around the eyes
- And again drink a lot of water
- Avoid drinking too much alcohols and smoking, especially cigarettes smoke

Restore your youthfulness using your kitchen

Wear the mask for 20 minutes then rinse with warm water. Make sure to mash the fruits well before applying its mask on your face

- Nutritious Mayonnaise mask
- Tomato mask for oily skin



- Bananas mask for skin lifting and smoothness
- Honey mask for skin smoothness
- Cucumber and Milk mask for cleansing and vitality

Microbial Injuries that could attack your skin

Our skin is exposed to many microbial attacks; it is affected by bacteria and fungi and also viruses, treatment in these cases depends mainly on giving the patients anti-biotic medications either orally or through painting the infected area with treating creams like Fuciderm cream which is an antibiotic and also contains fucidic acid that kills bacteria, and an example for anti-fungi is Curazole-H cream that contains ketokenazole that kills fungi

There also exist some other creams that contain other substances which decrease redness and irritation resulting from an injury, for example Fucisone-M cream that contains anti-bacteria and anti-fungus and also anti-infections

We could protect ourselves from these injures through:

- Well drying of the body after showering
- Add a little talc powder in the skin grooves to prevent wetting
- Use clean towels everyday
- Wear clean dry socks everyday
- Do not put on clothes of other people
- To prevent foot Tania, wash your feet daily with cold water and dry them well then add a little amount of talc powder
- Put on waterproof plastic sandals in public places like swimming pools
- To prevent fungi of the nails, you must cut your nails and dry them regularly
- Do not take antibiotic pills or any other medication without doctor's prescription