

Skin Care

Skin care throughout the ages

While some are naturally born with glowing skin and shiny hair, most of us will have to implement proper health care routines to achieve a radiant glow. Due to the pressure of beauty in our society, many women spend thousands of pounds each year on skin care products that promise to make them look younger and more attractive, but end up showing little result. This is because healthy skin is dependent on several factors, including a balanced diet, your emotional well-being and the right skin-care products for your age and skin type.

To start implementing the right skin-care routine for you age, below you will find a short overview of skin-care guidelines for different age categories.

Teens

Due to the many hormonal changes taking place inside a teenager's body, teenage skin will equally be affected in various ways. Oily skin, blackheads and acne are common skin problems during puberty when your body experiences new hormones. The extent of acne you have will differ from person due to hereditary factors, diet and personal hygiene. However, with the following guidelines you'll be able to reduce the acne you have and learn to properly care for your skin.

Skin Care Advice

- Clean your face every day in the morning and evening. It is important to use a special medical soap for this, as regular soaps will dry out your skin and only make your skin problems worse. Do not over-clean, as this too will increase rather than reduce your skin problems.
- Use a cleaning solution that is alcohol-free, in order to balance your oily skin.
- Do not scrub or scratch oily pimples, as this will only leave a scar that is hard to get rid of.
- Avoid eating fatty foods and sugary foods as much as possible, as they stimulate oil secretion.

Twenties

In your twenties, your skin will usually be soft and problem-free. There might be some remaining blisters and scars from acne, but with a good skin-care routine these should be able to go away. The crucial thing at this stage is to increase the moist in your skin by drinking enough water, and to stay away from driers such as tobacco, alcohol and chlorine. Climate changes might cause skin dryness, so it is important to protect your skin against extreme cold and UV rays. Drink a lot of water, as this refreshes your skin, keeping it healthy and vital.

Skin Care Advice

- Clean your face every day in the morning and evening. Use a soap that contains cream or natural oils, as ordinary soap will dry out your skin.
- Avoid too much sun exposure, and when going out in the sun use appropriate sun protection and sun block.
- Apply a moisturizing facial cream directly after having washed your face.
- Use a facial cleaning mask every week.
- Let your skin breathe by removing your make up every night before going to bed.

Thirties

Around our thirties, our skin will get more sensitive and more mature. It might start to lose some of its elasticity and glow. How you care for your skin now will determine the way your skin will look in the following decades. Treat your skin gently and give it the nutrients it needs by drinking juices and eating fruits rich in vitamins A and D and antioxidants. You can also use a moisturizing cream that contains these vitamins. Do not leave your skin lacking moisture, make sure you drink enough water and avoid direct exposure to the sun.

Skin Care Advice

- Clean your face every day in the morning and evening. Use a soap that contains cream or natural oils, as ordinary soap will dry out your skin.
- Apply a moisturizing facial cream directly after having washed your face.
- Use a facial cleaning mask every week.
- Use a special eye cream to protect the thinner skin around your eyes.

Forties

In your forties your skin cells will start slowing down its regeneration process, which will show in wrinkles. If your skin didn't receive enough nutrition in previous years, wrinkles will appear more around the eyes, forehead and chin. Similarly to earlier years, it is crucial to maintain a sufficiently moisturized skin here, as dryness will reduce your skin's vitality and shine.

Skin Care Advice

- Clean your face every day in the morning and evening. Use a soap that contains cream or natural oils, as ordinary soap will dry out your skin.
- Apply a moisturizing facial cream directly after having washed your face.
- Use a facial cleaning mask every week.
- Use a special eye cream to protect the thinner skin around your eyes.
- Drink a lot of water
- Avoid too much alcohol and smoke.

Home Remedies for Glowing Skin

Below are some basic remedies to give your skin an extra boost. Leave each mask on for 20 minutes, and rinse it off with warm water. Make sure to mash the fruits or vegetables well before applying it to your face.

- Mayonnaise mask (for nutrition)
- 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)