

Serious Skin Care – Its About Taking Care All Through The Day!

Skin care is serious business. If you want beautiful and flawless skin, you need to make persistent efforts to care of your skin. There is a plethora of specialized skin care products available in the market that help you unveil the secrets of good skin care. To enhance your skin quality and improve your skin care regimen, you need to know how your skin functions and what it needs to remain healthy.

The Structure of the Skin

The skin is comprised of a number of different layers. The outermost layer is the epidermis, which acts as a thin shield that contain cells that help protect against environmental damage like heat, sunlight and other infections.

Underneath the epidermis, lies the dermis layer. It is composed of connective tissues that contain collagen and elastin fibers, hair follicles, oil glands, ducts of sweat glands and some amounts of fatty tissues.

The collagen and elastin fibers lend elasticity to the skin and make it firm and taut. This is what enables the skin to stretch and regain its original shape without tearing.

The oil glands present in this layer secrete sebum, an oil-like substance that is responsible for keeping the skin soft and moist.

The sweat glands secrete sweat. The perspiration helps to regulate the body temperature and eliminate the toxins.

Why Skin Care Throughout the Day?

The skin is affected by a number of factors such as sun exposure, weather conditions, use of cosmetics, environmental pollutants, etc. All these factors accelerate the activity of free radicals and lead to cell damage. This in turn, deteriorates skin quality and causes premature aging.

UV rays are the major cause of premature aging. The UVA radiations of the sun can penetrate deep inside the skin layers and cause intrinsic damage to the cells. This leads to premature aging of the skin and early development of wrinkles and fine lines. UVB rays are responsible for causing sun burns. This concept is known as photo aging.

Also, extreme weather conditions causes havoc on the skin. In winter, as the temperature decreases, the moisture levels of the skin also decline thus making it dry and flaky. This results in itchiness of the skin and loss of elasticity.

Thus, it becomes extremely important to take care of the skin throughout the day and protect it against potential stressors.

How to Take Care of Your Skin?

Cleanse Thoroughly

Cleansing is the first and foremost step to make sure your skin is clean and free of all impurities like dirt, debris, dead skin cells, excess oil particles and make up residues. Ensuring that your skin pores are free of toxins will make sure that they don't get clogged and promote acne inflammations and breakouts. Ideally, you should wash your face twice a day, once in the morning and once at night before going to sleep. People with extremely oily skin can wash their faces once in the afternoon as well.

Choose a cleanser that suits your skin type and contain ingredients that help clean the skin.

Product Suggestions:

Kinerase Gentle Daily Cleanser – It is a superb cleanser that suits all skin types, even very sensitive skin. The gentle foaming cleanser contains green tea extract that soothes the skin while cleansing it. Kinerase Gentle Daily Cleanser cleans the skin without stripping off essential nutrients of the skin.

Obagi C-Cleansing Gel – This cleanser conditions the skin with Vitamin C and removes all signs of impurities like make-up residues, oil particles and accumulated dirt and debris thus leaving your skin fresh and clean. It also contains hydroquinone that guarantees an all around approach to skin care and makes up for a perfect skin care regimen.

Apply Sunscreen

Sunscreen is the most important element in your skin care regimen. It is very important to avoid the damage caused by ultraviolet radiations of the sun. The UV radiations of the sun are responsible for premature aging of the skin. Therefore, make sure you slather sunscreen all over the exposed areas of the body before you venture out. In fact, apply sunscreen at least 15-20 minutes before going out so that it gets absorbed effectively.

Product Suggestions:

Obagi Nu-Derm Healthy Skin Protection SPF 35 – It is a great sunscreen that provides broad spectrum UVA/UVB sun protection and protects the skin against premature aging.

About the Author

Dr. Marilyn Syrett is a graduate from Western University of Health Sciences. She has authored several articles about [antiaging skin care products](#) including many from [Obagi and iS Clinical](#) range of skin care products.

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