

Looking Young, Feeling Great, Taking Care of Your Skin

Your skin is your largest organ, and when it comes to keeping you safe from infections and protecting you, it does an amazing job. The thing to remember, though, is that because your skin is your front line when it comes to keeping pollutants out of your body, it can often feel dull and grimy because of that. Your skin is one of the leading indicators of your health and your youth, and you'll find that if you take good care of your skin that you will both look and feel great!

As you get older, you'll find that your skin is simply no longer as resilient as it used to be. In many cases, we can look to genetics for the cause; if your parents wrinkled early or were prone to extra-dry skin or blotches, there is a good chance that you will be, too. The padding of elastin and collagen under the skin will start to give way, creating a sagging look and that allows wrinkles to form. As you get older, you'll find that it becomes thinner and that it is more easy to injure and harder to heal.

This does not mean that this is something that you just have to live with, though! You'll find that there are many things that you can do to preserve the health of your skin and keep it looking great. Even if there has already been some damage, you'll find that there are plenty of ways to halt the damage and even in some cases to reverse it!

For instance, if you notice that the skin of your hands has become thinner or that the lack of elasticity make your veins more obvious, remember that you should make sure that you exfoliate your hands. To keep your cuticles from looking ragged, use a soft cuticle cream and use things like hydroquin-one to help you fade sunspots. To get super-soft hands, slather on a moisturizer and put on cotton gloves before bed. You can do the same thing for your feet with moisturizer and socks.

One of the best things that you can do at any age is to apply sunscreen before you head out for the day. Sun damage is one of the leading causes of skin problems, and you'll find that it can also be the most easy to prevent. Over-exposure to the sun can leave your skin looking worn and leathery, so make sure that you put on some good sunscreen before you leave the home. If you notice that your skin feels too tight, flaky, or dry, that is a sign that you need to exfoliate. You'll find that there are plenty of great exfoliants available, and that you can simply use them in the bath, the same way that you would use a bar of soap. Using an exfoliant helps you get rid of an old layer of dead skin. This layer can leave your skin looking gray and taking it off reveals the newer healthier skin underneath, so make sure that you exfoliate regularly.

Good skin care is one of the best things that you can do for your beauty and your health, so make sure that you keep this important part of you looking great!