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Introduction

Are you worried about your sultry and dull skin? Then, you are not alone! Most people, especially women, have the same problem. Since your skin is one of the first things people see when they glance at you, you have to ensure that your skin appears young and beautiful. But, how can you do this? The answer is very simple.

Having glowing and beautiful skin can be easily acquired. It merely depends on how you do it. Sometimes, people think that achieving their desired skin condition may take enough time and effort. Though this is quite true, it doesn't mean that you will find it hard to get what you really want.

Improving your skin takes perseverance and commitment. Thus, you have to know what are the things you need to do and what you need to avoid. Don't know where to start? Then, you are on the right spot! This eBook provides you exceptional facts on how to get the best and stunning skin you always longing to have.

To answer all your inquiries on what you need to know on how to have beautiful skin, don't hesitate to read the succeeding chapters. Then, you are one step ahead to your desired goal – to have perfect, glowing and beautiful skin.

Chapter 1:

Beautiful Skin Basics

Synopsis

Your skin is the largest organ in your body, weighing from two to four kilos. It also completely refurbishes itself every 7 to 10 weeks. Depending on your state of health, your skin may appear soft, smooth, dry or sultry. To guarantee that you will have beautiful and young skin, don't forget to pamper it.

Like other people out there, you probably don't know how to have beautiful skin. Instead of worrying on what to do, simply use the following as your guide.



How to Get Beautiful and Glowing Skin?

When it comes to skin, most people prefer to do everything just to ensure that they will get the best look they desire. However, not all of them find it easy because it takes enough, cash and effort. If you are one of them, you have to follow the succeeding tips:

- ***Wash Your Face at Night and In the Morning*** – When washing your face, make sure that you are using a product suited to your skin type. Say for instance, if you have visible pores all over your face, always use a wash for oily skin. For few visible pores, you likely have dry skin.
- ***Exfoliate Your Skin*** – You have to do this at least once a week through rubbing an exfoliating product delicately on your face using your fingers. As advised, rub the product on your face for the same length of time that you normally wash it. Then, rinse the product off with water.
- ***Moisture Your Skin after Washing*** – You have to do this even if you have greasy skin. To do this, don't forget to read the bottle's label to see if it is meant for normal, oily or dry skin.
- ***Drink More Water*** – Water plays a vital role to make your skin stunning and glowing. It helps flush out your system and keep your skin clear. As experts say, stay away from any sugary juice or soft drink since sugar may intensify acne.
- ***Eat Plenty of Vegetables, Leafy Greens and Fruits*** – Your skin is the biggest organ and it reacts to the food you consume. Foods rich in omega-3 fatty acid like almonds and salmon are perfect for your skin.

- ***Apply Masks Every Week*** – Like others, you can use any effective lotion mask for deep moisturizing or a clay mask for deep cleaning. You can also apply your preferred mask and leave it on for at least fifteen minutes until it dries out. Then, peel or wash it off.
- ***Perform Some Exercises*** – Exercises for about 30 minutes three to five times a week. Regular exercise helps to reduce stress, which may lead in fewer breakouts. It also increases blood flow to the skin, assisting cells to stay healthy.

For some, following the above tips may find it hard. But, if you really want to have beautiful skin, you will do everything to reach your goal.

Other Things You Need to Do

Aside from the above mentioned, you have lots of things to do to have beautiful skin and these include the following:

- Try to have a restful and sound sleep
- Take high quality supplements like minerals, vitamins and Omega 3 essential fatty acids
- Know your skin type
- Keep stress levels to a minimum
- Avoid excess exposure to extreme of temperature
- Limit intake of alcohol and caffeine
- Practice daily skin care regime

If you find it hard to follow the different things you need to do, don't forget to make a journal. Simply write down the different things you need to do and eat every day. This serves as your guide to reach your desired skin results.

Vitamins You Need to Have Beautiful and Young Skin

Vitamins play a crucial role to have not just beautiful, but also young and glowing skin. To give you some hints, here are the top skin vitamins you need to change your skin into a perfect one:

- ***Vitamin A*** – This strengthens your skin, keeping wrinkles at bay. This type of vitamin comes from liver, milk, egg yolk, spinach, vegetables and orange-colored fruits.
- ***Vitamin B*** – This helps to keep a healthy skin tone. This type of vitamin comes from tuna, chicken, potatoes, black beans, asparagus and watermelons.
- ***Vitamin C*** – This helps in enhancing the production of collagen, a crucial skin protein. It gets from strawberries, citrus fruits, broccoli, tomatoes and cabbage.

Since all of these vitamins are essential to your skin, you have to adjust your diets. Make sure that you are consuming foods that are loaded with these top three skin vitamins.

Chapter 2:

Use Cleansing Products Suited to Your Skin Type

Synopsis

Taking care of the skin is one of the most essential parts of a woman's everyday routine. To keep their skin beautiful and glowing, most women never fail to use cleansing products. Are you tempted to use the same thing? If yes, then you have to know everything about cleansing products before using.

With increasing demands of cleansing products, more and more manufacturers keep on producing distinct types and brands. As a result, consumers like you will find it hard to pick the right one. Instead of worrying about this issue, simply ask your dermatologist on what type of product suits your skin needs. You can also read several reviews online and use these as your guide.

Cleansing Products for Different Types of Skin

Cleansing products are the must-have items for anyone desiring to take care of their skin. These items can help skin cleansed and rejuvenated by cleaning the skin of oil and grunge from daily living. But, it is not always easy to search for the most effective cleansing products because users have different skin types. Some have oily skin while others have blotchy, sultry and acne prone skin.

Depending on your skin, it may also change in every season. So, it is essential to use different types of cleansing products for summer than you would use during winter season. If you don't know what type of cleansing products suited for your skin, here are some hints you need to consider:

- ***Sensitive or Dry Skin*** – Cleansers made for sensitive or dry skin are loaded with moisture beads. Cucumber and aloe vera are the frequent ingredients found in cleansers created for sensitive skin. These two plants contain anti-inflammatory and soothing properties.
- ***Combination*** – These cleansers are designed to be creamy and mildly, usually in a gel form. Acne skirmishing ingredients like salicylic acid might be available in these products. These items are usually pH balanced as combination skin likely to be very unpredictable.
- ***Oily Skin*** – Cleansers formulated for oily skin tend to be in gel rather than balm form. The gel is designed to purify the skin of as much dirt and oil as possible. Some of these cleansing products have exfoliation beads built into the gel to assist wash out dead skin cells.

- **Anti – Aging** – These cleansing products are usually very moisturizing and creamy. These also help in nourishing and hydrating your skin to slow down your aging process. They are also often infused with vitamins like Vitamin E and beta-carotene. You might also find that these cleansing products contain green tea, retinol and argireline.

Each type of cleansing product serves a purpose. The effects from using a product can be visibly seen when it is the right cleanser for your skin type. Thus, the cleanser should result in smoother and softer complexion. If your cleanser causes you to dry out or break out, then you are not using the best cleanser for your skin type.

How to Choose the Best Cleansing Products?

Finding the best cleansing products may take enough time and effort. This is often observed if you don't know what exactly you need. To choose the right one, here are things you shouldn't miss to know:

For Dry or Mature Skin

If you have mature or dry skin, don't forget to look for soothing or creamy lotions or cleansing products. Your preferred items should contain higher concentrations of water, oils and emollients. Rose water helps your skin to stay moisture and glycerine while glycerine is a gentle and natural humectant that draws humidity to the surface of the skin.

For Sensitive Skin:

Glycerine is also essential for sensitive skin because it has been revealed to promote normal cell maturation. Steer lucid of scrubs and exfoliating

cleansers if you are susceptible to irritation. To combat swelling, redness and inflammation, you can also pick a cleansing product that is rich in aloe vera.

For Combination Skin:

If you have this skin type, it may take a bit of trial and error to look for the best cleanser that doesn't leave your skin feeling tight. As advised, clay, aloe vera, tea tree oil and thyme are effective at soothing acne. Foaming cleansers may also be too dry for users with acne skin, leading to surfeit sebum production as their skin attempts to overcompensate for the pasting of their own oils.



Chapter 3:

About Moisturizers

Synopsis

Do you want to have glowing and beautiful skin? Then, you may be tempted using moisturizers. The main function of these moisturizers is to soothe the skin and build a moisture barrier to keep the natural moisture in. It means that these products should be applied either directly after washing and toning the face or after the shower. While moisturizers may smooth skin momentarily and make wrinkles and small lines less evident, there is no long-term benefit to wrinkles.



What are Moisturizers?

Moisturizers, also known as emollients, are complex mixtures of chemical agents specially made to make the external layers of the skin more flexible and softer.

These products increase the skin's hydration through reducing evaporation. Naturally occurring sterols and skin lipids, as well as natural oils, lubricants, emollients and humectants, may be part of the composition of skin moisturizers. Moisturizers are available not just for cosmetics, but for therapeutic purposes as well. They can also be made at home with the use of the common pharmacy ingredients.

Moisturizers treat and prevent dry or sultry skin. They can also help in protecting sensitive skin, improving skin tone and masking imperfections. These products often contain lightweight oils and silicone-derived ingredients.

Ingredients of Moisturizers

Skin moisturizers can be divided into three categories and here they are:

- ***Humectants*** – This can help in absorbing moisture from the air and hold it in the skin. The common examples of these are urea, alpha hydroxyl acids and glycerin.
- ***Emollients*** – This can assist in filling in spaces between skin cells and smoothing or lubricating the skin. The usual examples of these are mineral oil, lanolin and petrolatum.

- **Preservatives** – This can help in preventing bacteria growth in moisturizing products.

Other essential ingredients of moisturizers include minerals, vitamins, fragrances and plant extracts.

Using Moisturizers to Treat Your Skin Problems

For treating skin dryness, the best moisturizers are oil-based and heavier type that contains ingredients like grape seed oil, antioxidants and dimethicone. For very dehydrated skin, petroleum-based products are best applicable as they are more lasting than creams and more perfect in preventing water evaporation.

For oily skin, water-based types that are non-comedogenic are the best choice. These moisturizer items are less possibility of comedo formation.

To keep aging skin well-hydrated and soft, make sure that you pick a product that contains petrolatum as the base, together with alpha hydroxy acids and antioxidants against wrinkles.

For sensitive skin, it is best to use moisturizers that are loaded with soothing ingredients like aloe vera and chamomile. These ingredients can help in minimizing possible allergens and irritants.

Misconceptions and Truths about Moisturizers

People have distinct perceptions about moisturizers. Some of them are fully aware of their benefits and ingredients while others have misconceptions about moisturizers. To give you some clues about these products, here are the things you need to know:

Misconception 1: All moisturizers are of the same quality and use.

If you keep reading reviews about moisturizers, you are probably aware that these products vary from one another. Thus, you have lots of options to choose from. Some of these items contain a blend of emollients, humectants and occlusives.

Depending on your preferred moisturizers, some of them are light while others are more substantial. For users with extra-dry skin, they want something that has more substance. Thus, they prefer to use a cream which tends to secure their skin.

Misconception 2: Users need different moisturizers for different parts of their body.

This is completely erroneous. Experts claim that most moisturizers can be used in various body parts. If you have cracked or dry hands and feet, it is best to use a special cream for those areas.

Misconception 3: Your skin becomes too reliant on moisturizer.

Though you keep on using moisturizers, it doesn't mean that your skin is fully reliant on these products. These moisturizers are only use to treat your skin problems. They can also be used to protect your skin from any possible condition like eczema.

Misconception 4: May become addicted to lip balm

This is extremely fallacious. If you keep on applying lip balm, it makes your lips drier and you will never become addicted to this product. Say for instance, during summer season, you can use lip balm to protect your lips from being cracked and other related conditions.

Misconception 5: If your moisturizer contains sunscreen, you don't need to use other protections.

Experts claim that there is a glut of cosmetic products that improve built-in sunscreen. As advised, don't forget to read the fine print of the product. Make sure that you pick one with an SPF formula to ensure that it is a broad-spectrum sunscreen.

Chapter 4:

About Exfoliation

Synopsis

Do you know what exfoliation means? Most people are aware of this skin procedure while others are not. In case you have a few insights about exfoliation, you can use the following paragraphs as your reference.



Exfoliation Defined

Exfoliation involves the removal of the traditional dead skin cells on the outermost surface of the skin. It has also been used for various years to keep healthy and active skin.

Exfoliation involves in the method of all facials, during chemical peels and microdermabrasion at medical spas. Exfoliation can also be attained through chemical or mechanical means.

According to experts, human's skin has inbuilt process of removing dead cells which are placed by new cells. However, with the age, this method slows down and the skin becomes problematic and dull. To bring back the youthful and stunning appearance, exfoliation can be your best option.

If it is done regularly, it will boost the skin renewal process and reduce the bad effects of sun rays, dead cells and dirt on the skin.

Types of Exfoliation

There are three distinct types of exfoliation. If you are not familiar with these types, here they are:

1. ***Manual Exfoliation*** – This is the process of scrubbing and cleaning the skin. For facial, a soft and gentle washcloth is the best thing or over the counter exfoliating scrub kit can be your ideal option. Just make sure that you pick the scrub which has finer grains to avoid skin irritation.

The manual exfoliation devices are appropriate for normal skin.

According to experts, an acne problem skin may get irritated if these

tools are used. In addition, manual tools are not applicable for sensitive skin.

2. ***Chemical Exfoliation*** – This type is applicable for acne prone skin. It can also treat skin due to sun damages. The normal skin type needs to depend on chemical exfoliation. But, the dry-skin will benefit from this type of process.

This process uses acidic chemicals like beta hydroxyl acids and hydroxyl acids to cure the sun damaged skin, acne skin and dry skin. The acids remove the useless dead cells and leaves the skin healthier and cleaner.

3. ***Enzyme Exfoliation*** – If you have sensitive skin, you can get the full benefits of this enzyme exfoliation. This type does not involve scrubbing as it will worsen the skin.

Experts claim that daily exfoliation is advisable for other body part. But, the frequency of face exfoliation relies on the skin type. The normal skin needs exfoliation twice a week while dry skin needs exfoliation not more than thrice a week.

How to Exfoliate Your Skin?

Exfoliating your skin is extremely crucial. If you don't know how to exfoliate your skin, this is your chance to recognize its do's and don'ts.

Do's:

1. Do use an unused or clean wash cloth to take away dead skin after washing.

2. Do use a full spectrum sunscreen with a 30 SPF or more during the day.
3. Do use a naturally derived alpha hydroxyl acid on the skin at night and in the morning.

Don'ts:

1. Do not wash your skin with an abrasive scrub or cleanser. Scrub-based cleansers usually utilize group up plastic or walnut shells as a topical abrasive. Experts claim that applying an abrasive scrub to the skin will lead in the over-stimulation of the sebaceous glands.
2. Do not scrub your skin with a mechanical scrubber, sponge or loofah. These items abrade the skin and this makes your skin appear ruddy and inflamed.
3. Do not continue to use an exfoliant if you experience unwanted feeling. The common examples of these are peeling, drying, itching and other related sensations.

Benefits of Exfoliation

Exfoliation provides countless benefits. For additional information, here they are:

1. ***Enhances Your Skin Texture*** – If your skin feels dry, sultry or rough, exfoliating your skin is an excellent option to bring back its natural look. If you keep on exfoliating your skin, it keeps your skin smooth and improves its over-all appearance.

2. ***Fight the Different Signs of Aging*** – Through exfoliation, your skin can easily fight the different signs of aging. As your age increases, your skin's natural abilities to shed dead skin cells slow down. As a result, wrinkles, fine lines and dry skin appear more visible.
3. ***Help Prevent Breakouts*** – If you have whiteheads, blackheads or breakouts, exfoliating your skin will keep pore unclogged and clean.
4. ***Even Out Skin Tone*** – Through exfoliation, even skin tone can be easily acquired. This process also helps in removing leftover dirt and makeup to reveal new and bright skin.
5. ***Aid Skin Products Penetrate Deeper*** – If you have layers of dead skin, your preferred products might not be able to penetrate your skin. As advised exfoliate your skin regularly and you will get a chance to get the best results.

After knowing various things about exfoliation, you will surely be tempted to use this solution to change the appearance of your skin.

Chapter 5:

The Importance of Water and Rest

Synopsis

Not all people are aware of the exact connections of water and rest to healthy skin condition. If you are one of them, then you are on the right track. This chapter explains how water and rest affect your skin condition and their great significance.



Water and Your Skin

Most people are aware that drinking a lot of water regularly is essential for overall good health because water helps in digestion, absorption, circulation and even excretion. But, what about drinking more glasses of water for proper skin health?

When it comes to skin health, water plays a vital role. Experts claim that drinking a lot of water gives you a healthy, radiant and younger-looking complexion.

In case your skin is not obtaining the needed amount of water, the lack of hydration will present itself. As a result, your skin may appear tight, sultry and tight. In addition, dry skin has less flexibility and is more susceptible to wrinkling. Since water is lost in huge quantities each day, you have to do everything to replace it.

The main question is, how to add water to the skin? The answer is very simple and here they are:

- Apply a hydrating moisturizer at least two minutes after leaving the shower or after taking a bath. The skin is still porous and is at risk to products that are applied following the shower. Thus, it allows better absorption.
- Apply the skin item containing hyaluronic acid before moisturizer. Hyaluronic acid holds 1000 times its own weight in water. Therefore, it attracts water to the skin and holds it there.

- Drink more glasses of water every day. This can help in getting rid of toxins in your body and skin. With sufficient amount of water, your skin will appear more radiant and stunning.

How do you know if your skin is properly hydrated? Your skin has enough water supplies if you experience the following signs:

- You will not feel thirsty
- You always urinate v
- Your urine will be pale yellow
- You will be more energetic than before

Through knowing the significance of water for your healthy skin condition, you will surely drink more glasses of water every day. Thus, you have a chance to get beautiful and glowing skin.

Rest and Your Skin

It is undeniable that most people don't observed proper sleeping habits. If you are one of them, you will definitely know how it changes your skin condition. Experts claim that poor sleep can lead to high stress hormones in the body. This condition increases the severity of inflammatory skin conditions like psoriasis and acne.

To give you some hints, here are the reasons why you need to practice a healthy sleeping habit:

- ***Improves Your Skin Condition*** - Adequate rest reduces the risks of having acne breakouts, allergic contact dermatitis reactions and

irritant allergic contact. Thus, it helps you in making your skin free from severe skin problems.

- ***Reduces Inflammatory Cells in the Body*** – If you have a sufficient rest, you can easily reduce inflammatory cells in your body. This condition allows you to decline the breakdown of hyaluronic acid and collagen, the molecules that provide the skin its bounce, glow and translucency.
- ***Makes You Feel Beautiful*** – While resting, your body's hydration rebalances. Skin can also recover humidity while surplus water in the body is processed for removal. With proper sleep, you can have a perfect water balance and this can greatly help in reducing the risks of having wrinkles, under-eye circles, puffy bags and skin dryness. Thus, you will appear more stunning than ever.
- ***Reduces Your Aging Process*** – While sleeping, the rise in growth hormones allows destructive cells to become repaired. If you keep on sleeping, this will occur and thus, you don't have to worry about the different signs of aging.

With great benefits of adequate rest, you will surely adjust your schedule. Thus, you are certain that you can get the best skin complexion and appearance you want.

Things You Need to Do to Improve Your Night's Rest

Do you want to have a sufficient rest to boost your healthy skin condition? Then, you have to follow the succeeding tips:

- Avoid eating a great amount of foods too late in the day
- Drink more glasses of water throughout the day
- Keep electronics out of the bedroom
- Sleep under a humid blanket in dark, cool and quiet room
- Use breathable cotton bed sheets and wash them daily
- Use laundry detergents that don't have strong fragrances

After considering all these tips, you are certain that you can easily sleep at night. It means that you don't have to worry on how to improve your sleeping habits. As a result, it is easy for you to acquire the best and healthy skin condition you want.

Chapter 6:

The Importance of Your Diet for Your Skin

Synopsis

Your skin is one of the most essential parts of your body. It makes you feel great when it is well-moisturized. It also helps in protecting your body from intruding bacteria.

With great functions of skin, you have to do everything to take good care of it. One of the best ways to protect your skin is through having a perfect and healthy diet.



Role of Diets for Your Skin

If you are practicing the best and healthy diet, you have a chance to witness the following benefits:

- Makes your skin healthy
- Helps in reducing the risks of having any skin-related issue
- Enhances your beauty
- Protect your skin from any destructive elements
- Helps in repairing your body tissues
- Easily get the right vitamins needed to protect your skin from the different signs of aging

With great benefits of having a proper and healthy diet, you will never waste your time consuming any unhealthy food. If you don't know what to eat, you don't have to worry about. You can ask help from any dermatologist or expert to get some hints about the different types of foods essential for healthy skin.

Top Foods that Can Help in Boosting Your Skin Condition

When it comes to foods for healthy skin, people are quite confused on what to eat and what they need to avoid. For added knowledge, here are the top foods you shouldn't miss to incorporate in your daily meals:

- ***Fish*** – This is high in Omega-3 fatty acids. It contributes to shiny and healthy skin. Among the different types of fish, you should miss to eat salmon. This has the highest amounts of Omega-3.
- ***Berries*** – Strawberries, blueberries and other types of berries are all rich in antioxidants. These aid free radicals from detrimental skin cells through oxidative methods. They can also assist in protecting you from having a skin cancer.
- ***Green Tea*** – Drinking this type of tea day after day will do wonders for your skin. Among the different juice types, it has high in polyphenols, which serve as an anti-inflammatory for the skin.
- ***Almonds*** - These are full of Vitamin E. Experts claim that almonds can help in protecting your skin from the different signs of aging. They can also help in moisturizing your skin from within.
- ***Mangoes*** – These are high in Vitamin A and low in calories. Mangoes can help in repairing your skin and keep it from flaking.
- ***Green Leafy Vegetables*** – The common examples of these are kale, spinach and chard. These foods are loaded with Vitamin A, which stimulates the turnover of skin cells. It denotes that your skin renews itself instantly and appears glowing and fresh.
- ***Avocados*** – These can provide the skin with essential fatty oils and B-complex vitamins. Vitamin B3 soothes skin discoloration. As advised, slice some avocado thinly into a salad. Depending on your choice, you can mix avocado with chopped onion, seasoning, tomatoes and chilli peppers.

- **Nuts** – These contain essential fatty acids that contribute to cell health. Experts claim that the healthier your cells are, the better they can protect your skin from destructive waste.

Like other people out there, you probably find it hard to change your daily meals. To solve this issue, the best thing that you can do is to make a perfect dietary plan.

When making a dietary plan, you have to include all the foods for healthy skin in a week. Make sure that you also follow your dietary plan whatever it takes. Through this, you are certain that you are consuming the right foods needed to make your skin healthy and glowing. In case you don't know how to make the best dietary plan for your healthy skin, you don't have to worry about. There are various reviews online that you can use to improve your daily meals.

Sometimes, people say that having the best diets require enough money. This perception is extremely erroneous. Similar with others, you can easily change your diet in a fast and affordable way.

Are you excited to have beautiful and glowing skin? Then, make a right move now! Whether you are a teenager, working mom or a businessman, you can easily get what you really want. Just know what you need to do to keep your skin healthy and stunning.

At first, achieving the best and healthy skin may too hard. But, as you go along the process, you will find it easy and rewarding. Through considering all the contents of this eBook, expect that you are on your way to a healthy skin.

What are you waiting for? Do whatever it takes to improve your skin condition and appearance. With this eBook, you don't have to follow any complex step or spend more cash. Just focus on your goal, follow the suggested tips and be ready for a great change!

