

Chapter 1 : How to Get Healthy Skin (with Pictures) - wikiHow

Healthy Skin (Look After Yourself Series) by Angela Royston, August , Heinemann edition, Library binding in English.

Talking about your concerns with family, friends or a support group can really help. Find out how you can look after yourself and stay healthy. Like a lot of medication, you may experience some side effects in the first few months. Skipping doses, or taking it at different times each day, will stop it from protecting your immune system. This will also help your body to absorb the treatment and fight off everyday infections. You may benefit from talking to your healthcare professional about your diet if you: Exercising regularly Being active is a part of maintaining your health for everyone – it builds muscle, keeps your bones strong, your heart healthy and burns fat. Exercise also reduces feelings of stress and symptoms of depression. Avoid excessive alcohol or drug use Drinking too much alcohol or taking recreational drugs weakens your immune system, which means your treatment will not keep you as healthy as it can and should do. Also, you may experience unwanted side effects or more intense side effects. You could feel dizzy or even pass out because the drugs and alcohol have combined with your treatment, making you potentially vulnerable. Managing stress and getting support Looking after your mental wellbeing and emotional health is just as important as taking care of your body. Talking to your friends and family, and other people living with HIV, can really help when things get difficult. You could look for a peer mentoring or buddying service in your area. What are your goals? What else can I do to take care of myself? Many of the things we do to take care of ourselves are common sense, such as eating well, exercising and getting plenty of rest and sleep. Teeth and mouth complaints are more common among people living with HIV. Regular brushing, flossing and seeing your dentist can lower the risk of cavities and mouth infections. Photos are used for illustrative purposes. They do not imply any health status or behaviour on the part of the people in the photo.

Chapter 2 : Skin Care Quotes (23 quotes)

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September 19, But then life plays a cruel joke and throws a real beauty bouncer. In simpler words, 30 is often the age when you start to see your skin, body and looks change. And in some cases this change is not for the better, unless you start being extra cautious. Skin Troubles in your 30s: In some unfortunate cases, acne decide to make a comeback after teen years or it may also appear for the very first time. Damage from earlier sunburns and beach holidays begin to appear as blotchy pigmentation and you suddenly seem to have dull and saggy skin. Hormones are one of the biggest contributors to these problems, especially in women. The majority of hormonal changes start around the age of When female reproductive hormones levels begin to taper off and lead to thinning hair and undesirable skin conditions. The level of human growth hormones begins to drop which leads to increased breaking of collagen production, giving way to dull and droopy skin. How to look fabulous in your 30s: To stay gorgeous through your 30s and after, follow these 8 simple steps: Cleansing - Cleanse your skin each morning and make sure to remove all makeup and cleanse again before bedtime. This allows the skin to perform its essential protective and renewal functions well. Always use products suggested by your dermatologist as there are many products available in the market and picking the right can be confusing. Exfoliate - Exfoliate at night rather than in the day. Protect - Protect your skin during the day by combining an antioxidant serum or vitamin C serum with sun screen as they enhance each other. Be sure to apply the sunscreen first. Stay hydrated - Make sure that the skin is not dehydrated. Use a moisturizing body wash as acts as a protective moisture barrier for the skin. UVA rays are "slow agers" which remain constant throughout the year. Moisturize - Rub in rich intense moisturizing body lotion or apricot oil daily after bathing on slightly damp body for a healthy, hydrated skin. Drink water - Drink plenty of water to also stay hydrated internally. Add lemon or lime juice for an extra boost. Eat a healthy and high-fiber diet and workout for atleast daily.

Chapter 3 : How to Take Care of Yourself: 15 Steps (with Pictures) - wikiHow

After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin. Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type.

Your skin is much more than an outer surface for the world to see. It protects you from bacteria, dirt and other foreign objects and the ultraviolet rays of the sun, and contains the nerve endings that let you know if something is hot or cold, soft or hard, sharp or dull. Below the smooth, hairy outer skin, or epidermis, that we see every day is a thick, strong and elastic layer of tissue known as the dermis. The dermis is richly supplied with blood vessels, sweat and oil glands, and nerve endings. Healthy skin is smooth, with no breaks in the surface. It is warm not hot or red and neither dry and flaky nor moist and wrinkled. Healthy skin is a mirror of a healthy body. To keep your skin healthy, eat a well-balanced diet that includes plenty of protein foods, fruits and vegetables fresh if possible and liquids. If you are having a skin problem, such as a pressure sore or a healing surgical incision, you should increase your intake of protein lean meats, dairy foods and legumes , carbohydrates breads, cereals , vitamins A, C and E, and zinc. Extra iron may be needed if you are anemic see "Anemia" paragraph below. The skin is served by a large number of blood vessels, and adequate circulation is needed to maintain skin health. You can help ensure a healthy blood supply by considering the following suggestions: Nicotine in cigarettes causes blood vessels to get small constrict and prevents blood, oxygen and nutrients from flowing to the body tissues. Edema , or swelling caused by fluid collecting in the tissues, usually occurs in a part of the body that is not moved frequently and is below the level of the heart i. Skin over areas of edema becomes thin and pale and injures easily because of poor circulation. Edema can be prevented by elevating your legs and hands frequently, performing regular Range of Motion ROM exercises and wearing compressive stockings. Anemia a decrease in red blood cells. Oxygen is essential for skin health, and is carried by red blood cells. A decrease in their number means less oxygen gets to the skin, which means that skin cells may become unhealthy or even die. Anemia should be evaluated and treated by your health care provider. Vascular Disease , or a narrowing of the blood vessels, can be caused by diabetes, smoking, high blood pressure or elevated cholesterol. The result is decreased blood flow to the skin. Work closely with your health care provider to manage conditions that can lead to vascular disease and cause skin problems. Tips for maintaining good skin care: Avoid soaps labeled "antibacterial" or "antimicrobial. Keep the skin clean and dry. Wash with soap and water daily, then rinse and dry thoroughly. Skin folds or creases as in the groin area and underarms need washing more frequently - twice a day, morning and bedtime. Rashes can easily form in these areas because of increased moisture and warmth. Increasing the air circulation to these areas to help prevent rashes can be accomplished by positioning the arms and legs so the skin surfaces are separated. For example, use the "frog" position to air the groin area. Air these areas two times a day. Rashes can be caused by tapes, soaps, fabrics or other irritants. Total body rashes may result from food or drug allergies. Consult your health care provider for treatment of these and any other rashes you may have. Avoid using items that may dry the skin - for example, harsh soaps or alcohol based products such as lotions. A good non-drying lotion to use is Alpha Keri. Lubricate dry skin with moisturizing creams or ointments such as Eucerin or Aquaphor. Use care in applying creams over bony areas, since they may soften the skin and promote skin breakdown. Soiled skin can break down easily. Urine and stool have irritants in them and should be cleaned up immediately to prevent weakening and breakdown of the skin surface. Avoid using talc powders, as they may support yeast growth. They can also "cake up" and keep moisture in, causing skin breakdown. Calluses may form on your feet and hands. These can be removed by soaking frequently in warm water and toweling briskly to remove dead skin. You can use moisturizing creams to help soften calluses. Note that calluses may indicate an area of excess friction or pressure. Finger and toe nails require special care. Soak them and rub gently with a towel to remove dead skin and decrease the chance of hangnails forming. Nails are easier to cut after soaking; be sure to cut them straight across to avoid ingrown nails, and keep them short for safety. If ingrown nails develop, see your primary care provider or podiatrist. Harborview Medical Center 9th Ave.

Chapter 4 : 45 Simple Self-Care Practices for a Healthy Mind, Body & Soul

Healthy Skin (Look After Yourself) by Angela Royston. Heinemann Library, Children's Book This book has soft covers. Ex-library, With almost no library markings, In very good condition.

After awhile, your body screams in protest and demands you pay attention to its needs. Your body and mind deserve some rest. Exercise your body for a happy mind. A little exercise will go a long way to reducing stress. Even just a brisk walk in the morning will energize and motivate you for the day ahead. Set your alarm for a little earlier than usual and hit the pavement. Save time by preparing the night before. Lay out your exercise clothes so that you can get going with minimal preparation time. A quick five or ten-minute meditation each morning will help balance your mind for the busy day ahead. Take a few moments to relax before you begin preparing for the day. Think about all the things you are grateful for and give yourself some positive encouragement. Writing is a therapeutic activity. In just a few minutes, you can write your thoughts, worries, gratitude, or whatever else comes to mind. Keep the journal near your bed and make a habit of writing a few paragraphs or even sentences each night before you go to sleep. Read a book or a magazine. We all need to escape from the pressing concerns of reality once in a while. On your next lunch break get away from your computer and pick up a book in your favorite genre or a hobby magazine. Reading is a relaxing activity that helps us escape from the pressures of our lives. Call an old friend. Busy lives get in the way of friendship. Career, family, responsibility makes us forget those who are dear to us. Friends become distant memories. In the social media age, people tend to keep track of friends through various social media sites, but rarely ever pick up the phone. Schedule time for yourself. We remember important conference calls, meetings, and deadlines. Next time you start filling out your daily calendar schedule blocks of time for yourself. Schedule time in the morning for some exercise. Schedule time in the evening to visit with friends. People tend to grab their phone first thing when waking up. Make time for breakfast the most important meal of the day and save the email for the end of your morning ritual. Take a pre-made meal to eat for lunch. Lunch consists of dining out, which is not always healthy. Pre-pack your lunch the night before and nurture your body with nutritious food. Take your lunch away from your desk and relax. Pretty soon we find ourselves running on empty. Sleep is not only good for the body, but it is also good for the mind. A well-rested body and mind can accomplish great things. Make your weekend about you, not work. Many people take their work home with them and never really get a day off. Take time on the weekend to do things you enjoy. Spend more time with your family, not with your home office. Take a mini vacation. Limit distractions by resisting the urge to check email. Participate in hobbies or activities that you enjoy. Join a local sports team or volunteer at your favorite organization. Remind yourself that you are fabulous. You are not your job and taking the time to remember things that define you as an individual outside your work will contribute significantly to peace of mind. Your body and mind are your most valuable assets. To get through each day both need to be kept in good shape. Remember to give yourself a tune up every day by doing some of the activities mentioned above. Schedule time for yourself and your mind and body will thank you. Please share on social media if you found this post helpful. If you have a comment or question, please post and add your voice to the conversation. Jul 28, Like this column?

Chapter 5 : 15 Natural Ways To Maintain Beautiful, Youthful Skin - mindbodygreen

Eat healthy fats. Incorporating foods such as avocados, olive oil, flax seeds, nuts and fish into your diet is important. The fatty acids are crucial for your skin to look youthful.

You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin problems. Get started with these five no-nonsense tips. Protect yourself from the sun One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems as well as increase the risk of skin cancer. For the most complete sun protection: Use a broad-spectrum sunscreen with an SPF of at least 30. Avoid the sun between 10 a.m. and 4 p.m. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing which is specifically designed to block ultraviolet rays. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important to skin health. Smoking also damages collagen and elastin the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking such as pursing your lips when inhaling and squinting your eyes to keep out smoke can contribute to wrinkles. In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help you stop smoking. Treat your skin gently Daily cleansing and shaving can take a toll on your skin. To keep it gentle: Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm rather than hot water. Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers. To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it. After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF. Eat a healthy diet A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. Drinking plenty of water helps keep your skin hydrated. Manage stress Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin and a healthy state of mind take steps to manage your stress. Get enough sleep, set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

Chapter 6 : Healthy Skin (Look After Yourself Series) (August edition) | Open Library

The 25 simple health tips to boost your body and look after yourself better from top to toe. if you follow these simple well-being tricks to health-proof your body, you'll soon feel the benefits.

Useful organisations Daily routine can be draining and stressful. Unless you look after yourself, you may run into difficulty. To look after yourself means examining your present way of life and assessing how you can make improvements. There are various ways of doing this: Work out which situations, people, activities and environments damage or improve your physical and mental health. Decide to make some changes by altering or eliminating what you feel is damaging you. Concentrate on, and add to, the positive things in your life. This does not guarantee a problem-free life. However, it may lead you to be more aware when things are beginning to go wrong and how you can best cope with them. I was coming up to final exams at college, and I ended up having panic attacks. My counsellor helped, but it still took me months to get back to normal. Now, I can anticipate problems and make sure I get mental and physical rest. How can I make a start? From there, you can begin to work out what you want to achieve and how you can go about it. This will help to give you a sense of direction and control of your life. The following exercise which can be done alone, with a friend or partner, or in a group may be helpful. First, look at your daily routine. Now, write down ten words that describe your daily routine such as, tiring, stimulating, stressful or reassuring. Put them in groups according to whether the adjectives are positive, neutral or negative. Use the sentences and word lists to help you think about, and plan, changes you would like to make in this routine. Carry out the same exercise focusing on your personal life and personal fulfilment. In each case, try to establish concrete goals. Take care not to overlook any one aspect of your future in the pursuit of another. You can come back to this at a later stage, when you feel better able to undertake it. How can I improve my ability to cope? Expressing emotions Giving vent to our feelings is an important part of remaining mentally healthy or of making a recovery. We may express ourselves through talking, crying, screaming or laughing. But also through chanting, singing, dancing and painting. Afterwards, we feel relieved - tensions disappear and the body can relax. Some people are afraid of being overwhelmed by their emotions. They dislike the loss of control, and feel that they are going mad. Rites of passage such as funerals , confession to a priest or other spiritual support, structured counselling and psychotherapy can all enable people to express their feelings. Who would want to hear me moaning on about my problems? Who can I talk to? Talking to someone you trust about what upsets you or makes you feel stressed is a useful way to let off steam, and often helps to reduce stress. This can simply mean a supportive chat, over a cup of tea, with a friend or colleague. But, if you trust the person or people concerned, it may well be a chance to give and get mutual support. This is often how support groups come about. Support groups These give people with similar problems opportunities to meet regularly and talk about the problems that affect them. There are, for instance, groups for people withdrawing from minor tranquillisers, for single parents, or for people with work-related problems. Counselling and psychotherapy For anyone who finds it difficult to talk to peers, friends, family or colleagues, a more structured form of talking may be the answer. Talking treatments offer people a chance to go over current or past difficulties, problems and emotions. They can provide regular and ongoing emotional support and guidance. People who are depressed or who have very low self-esteem often find it difficult to make any changes in their lives. They may experience a sense of worthlessness that makes them feel guilty at the thought of looking after themselves. Talking to a counsellor or therapist can help resolve these underlying conflicts. How can I look after my physical health? Sleep and rest Getting enough sleep is vital - although, of course, not everyone needs the same amount. Some people have problems because they suffer from insomnia, others because they sleep fitfully, are unsettled or have nightmares and wake feeling exhausted. There are also times in life when sleep is hard to come by - when you have young children, for instance. It stands to reason that when you are tired, everything becomes difficult and even the simplest of decisions or tasks can seem impossible to deal with. Regular bedtimes, good diet, enough exercise, less caffeine and techniques for reducing stress and anxiety are all thought to aid good sleep. Health professionals stress that to eat healthily and sensibly means concentrating on fibre-rich foods like wholemeal bread or baked potatoes , fresh fruit and

vegetables, and lean fish or meat. It means cutting down on sugary and fatty foods. Reducing the risks Our physical health can be directly harmed by certain outside factors. Some of them are difficult to avoid, such as pollution. With others, such as alcohol and cigarettes, we have more control, in theory. In practice, it can be difficult to tackle these habits successfully, without good support. You may depend on them in coping with everyday life, and you will need to discover more helpful strategies. NHS Direct provides information on healthy living, including material on stopping smoking. Alcohol, taken in moderation, is not thought to be harmful, but women are recommended to no more than two to three units per day, and men not more than three to four units. Being overweight is another health risk, which you may want to tackle as a way of improving both your mental and physical wellbeing. Visiting a GP gives you an opportunity to air specific worries. Many GPs offer a general health check when you join a practice, but this can also be available for existing patients. GPs may assess cholesterol levels and blood pressure, for instance, and will also suggest remedies. They are able to refer patients to hospital specialists, counsellors, psychiatric nurses and other relevant services. Spotting problems as early as possible makes good sense. Whether you have a short-lived illness, an ongoing health problem or a disability, knowing what you need and how to look after yourself becomes extremely important. What help can I get? Voluntary groups There are many voluntary organisations with very detailed knowledge and expertise that back up NHS services. They offer support, information and advice to people who have particular health problems, and their families and carers. These organisations may offer emotional support by giving people the chance to share personal experiences. They will take particular account of the way people sleep, eat or relax. Homeopathy, hypnotherapy, acupuncture, herbalism or aromatherapy are just a few of the therapies that people find helpful. They treat the particular health problems, and they also leave you with a sense of wellbeing, because time and attention is paid to you as a unique individual. Spending time on complementary therapies is therefore one way of putting yourself first - in other words, of looking after yourself. I get into a spiral. Things are better now that I get more support at work and from a psychotherapist. Top of page How can exercise make me feel better? Exercise may be the last thing you feel like doing when you are tired, depressed or anxious. However, exercise can make you feel relaxed, stretched and energised. It has beneficial effects on the heart, helps you to reduce anxiety and depression, lose weight and feel fitter. Aerobic exercise which raises the pulse rate is well-praised as a stress antidote. A minimum of ten minutes a day spent walking, swimming, playing racket games, cycling or taking exercise classes is all you need. For maximum benefit to your general health, increase the daily dose to 20 or 30 minutes. Taking classes can bring a bonus, too. Top of page How can I learn to relax? The body and mind need time to relax and recuperate from the effects of everyday activity and stress. We all have our favourite method. Taking time to soak in a warm bath, listening to music, walking in the park, spending time with your favourite hobby or pastime can all help you to wind down and recover from the day. But ordinary relaxation exercises, practised every day, are also very beneficial. Those described below take an average of 20 minutes. Find a comfortable position to sit or lie in. Close your eyes, if possible, and breathe slowly and deeply in a relaxed and even manner. Locate any areas of tension and try to relax those muscles, visualising the tension disappearing from that area. Feel that you are softening the muscles and letting go. Consciously relax each part of the body in turn, starting with your feet, slowly working up through the body, until you reach the top of your head. As you focus on each part of your body, think of warmth, heaviness and relaxation. Push distracting thoughts to the back of your mind.

Chapter 7 : Skin care: 5 tips for healthy skin - Mayo Clinic

It's never too late to look after yourself. Never too late to eat healthily, get plenty of rest, exercise regularly and look after your skin. You'd be amazed at how quickly your skin and body can rejuvenate given the right environment."

It serves as a protective barrier between your insides and the rest of the world, helps regulate body temperature and acts as a filter. Skin exists in a constant state of growth, with old cells dying as new cells are forming. Healthy skin is better able to fight signs of aging, heals much faster and staves off potential disease better than unhealthy skin. Unhealthy skin tends to appear sallow and dull, whereas healthy skin appears full and vibrant. Wrinkles develop with more ease and sink deeper if your skin is dehydrated and unhealthy, and it can result in uneven patches that have a mottled color. When skin is unhealthy it loses elasticity, which can make it sag and appear thin. Poor skin care habits can lead to rashes, sores, acne and wrinkles. Unhealthy skin is more susceptible to disease, infection and is more likely to scar after an injury. Proper care is particularly important for people who experience skin issues, such as psoriasis, or have skin allergies. Keeping Skin Healthy Skin is constantly growing and changing, so you have to remain vigilant in caring for it. Keep your skin hydrated by drinking plenty of water throughout the day, and maintain a balanced diet to provide the vitamins and minerals your skin needs. Stick with fresh fruits and vegetables, whole grains and lean protein for the best results. Proper Skin Care Proper skin care means cleansing it properly. Skin needs moisture to survive, so avoid using hot water when you wash your face, as the heat sucks moisture from your skin. Try using warm or cool water instead. Also, avoid harsh or chemical-heavy soaps, as they strip moisture from your skin while polluting it. Keep your skin moisturized by applying lotion within a few minutes of bathing. If you have a problem with dry skin, use an oil-based lotion on the problem area several times a day. Skin Care and Pregnancy Proper skin care is important for health and appearance during a pregnancy. Unhealthy skin can cause an unhealthy body, which in turn can cause an unhealthy baby. Healthy skin is more pliable and will minimize the stretch marks that typically occur in the later stages of pregnancy.

Chapter 8 : Northwest Regional Spinal Cord Injury System

Look younger now by making lifestyle changes that brighten your skin, whiten your teeth, and bring back youthfulness to your whole body. Turn back the clock with easy changes to your everyday habits.

Your skin type matters You may suspect you have dry, oily, or sensitive skin, but do you really know your skin type? In fact, using the wrong products “ or even popularized Internet hacks “ for your skin type could worsen acne, dryness, or other skin problems. Read on to learn: A daily skin care routine has four basic steps you can do once in the morning and once before you sleep. A photo posted by Adri sortofobsessed on Dec 12, at 1: A serum with vitamin C or growth factors or peptides would be better in the morning, under sunscreen. At night, retinol or prescription retinoids work best. Most brands will label their products as gel or cream on their packaging. Apply sunscreen with at least 30 SPF 15 minutes before heading outdoors, as it takes a while for sunscreen to activate. Darker skin tones actually need more sun protection because hyperpigmentation is harder to correct. Choose products that fit your skin type and sensitivity, and remember to read the labels. Some products, such as retinol or prescription retinoids, should only be applied at night. For all skin types Change pillow cases at least once a week. Wash or wrap up hair before bed. Wear sunscreen every day and apply 15 minutes before going out. Start with a basic and simple routine to see how your skin reacts. This can help you identify potential allergic reactions. To patch test a new product: Apply a small amount of product on your skin in a discreet area, such as the inside of your wrist or your inner arm. Check the area at 96 hours after application to see if you have a delayed reaction. An allergic reaction may include irritation, redness, small bumps, or itchiness. If you notice these symptoms, wash the area you tested with water and a gentle cleanser. Then return the product and try another that better suits your skin type. DIY hacks to avoid even if everyone does it People report wonders from using DIY hacks like lemon juice and toothpaste for common skin problems like acne bumps and dark spots. Even award-winning actress Emma Stone claims her skin care secret is baking soda. Avoid these DIY hacks Lemon juice: It can also dry and irritate your skin. In raw form, garlic can cause skin allergies, eczema, skin inflammation, and watery blisters. The ingredients in toothpaste may kill germs and absorb oil, but they can also dry out or irritate your skin. As an exfoliant, sugar is too harsh for the skin on your face. Topical application of vitamin E can irritate your skin and is not proven to improve scar appearance. Talk to your doctor or dermatologist before trying DIY applications on your skin. How to treat skin problems There are ways to tackle skin problems without damaging your skin. Just remember the number one rule of skin care: Picking at acne , blackheads, scabs, or other skin problems can cause open wounds or darker skin spots known as hyperpigmentation. Open wounds can lead to infections, more acne, or scars. The deeper the wound, the more likely your skin will scar. Here are some scientifically backed ways to treat problem areas. Acne Acne treatment depends on how deep or serious your acne is. Overall skin care is the most important step in treating acne, but for mild acne you can use nonprescription products from your local drugstore such as:

Chapter 9 : Look after your skin - NHS

Fake a Healthy Glow for Young-Looking Skin. There is one easy way to get some color safely and look younger: Use a gradual self-tanner.. "Nothing beats a little healthy glow on the body and face.

The secrets of beauty lies in ancient Ayurveda. Stress management techniques are the secret to beautiful skin. Eating good is the new beautiful you. Is flawless skin just too much to ask for? A late night leads to dark circles in the morning. Got an upcoming party? Oh wait, I spy a zit. We try every new face wash, sunscreen, anti-ageing cream that hits the market. And we are ever so willing to try anything under the sun to get beautiful skin. But it is not an overnight miracle. Browse through our beauty secrets , tackle your skincare issues and follow our tricks regularly to get beautiful skin naturally. Ever wondered how to get a glowing skin? Whether you have time for intensive skin care or not, pamper yourself by acing the basics. Lucky for you, we make face-care easy. **The Golden Rule Do:** Make sure you always and we mean always remove your makeup before hitting the sheets. The skin needs to breathe overnight. Just put some olive oil on a cotton pad and gently massage the oil onto your face to get rid of the makeup and dirt. Forget that exfoliation is indispensable. At least once or twice a week, exfoliate your skin to remove the layers of dead skin, sure to leave you with a more healthy glow and brighter skin. You can also apply a paste of walnut in powder form with yogurt to exfoliate your skin, as the antioxidants present in walnuts help remove dirt and promote radiant skin. Never forget to exfoliate your skin and remove the makeup before calling it a night. **Sun and Skin Do:** Since a lifetime of sun exposure can cause wrinkles, age spots and other skin problems, you have to protect your skin from the sun. You are **What You Eat Do:** Keep a note of what you put on your plate. Eat fresh fruits , greens, sufficient protein and vitamins. A diet rich in vitamin C and low in fats and sugar promotes radiant skin. Consider a low-sugar diet, which can keep insulin levels down, allowing cells to maintain a healthy balance. Eat spicy and fermented foods, salt, citrus fruits, fried food. Fresh fruits and greens is what healthy skin needs. Running, jogging and yoga will give your body the necessary blood circulation, and also accelerate the cleansing process of your entire body. You will notice a glow on your face after working out. Just take a brisk walk around the block. Skip skincare before and after a workout. Apply a toner to help minimize oil production before heading out. Exfoliate after, and then apply shea butter or olive oil to moisturize the skin. Try to sleep at least 8 hours every night. You can also apply honey on your face twice or thrice a week to naturally soothe and heal your skin. **Rahul Nagar, Dermatologist, Max Hospitals.** Apply lots of moisturizer, and avoid hot water as it dries out the skin excessively. **H2O to The Rescue Do:** Drink lots of water daily, at least 8 glasses if not more. Also, eats fruits and vegetables that have a high water content such as watermelon, cucumber, orange, strawberry, grapefruit and cantaloupe. It helps prevent and reduce eye puffiness in the morning, maintains pH balance and naturally hydrates your skin if you spritz it on during the day. Wash your face with warm water, three times a day, and gently massage your face in circular motions, ensuring that the cleanser contains alpha hydroxyl acid or beta hydroxyl acid. **Zaheer Ahmed, Dermatologist, Max Hospitals.** Benzoyl peroxide appears to be effective due to its antibacterial actions. Pop pimples because it can lead to more swelling, redness, and even scarring. Feel a pimple is on its way? Just clean the area with rose water, and place a chilled green tea bag for 10 minutes. Also, if you wear glasses or sunglasses, make sure you clean them frequently to keep oil from clogging the pores around your eyes and nose. Never pop your pimples. Use rose water or chilled green tea bags. **Go Back to Your Roots Do:** Use Ayurvedic scrubs to nourish the skin, and help it breathe better. Luckily for you, everything you need is already in your kitchen. Yes, the secrets of beauty lies in ancient Ayurveda. Make Sudarshan Kriya your beauty mantra. Just breathing right could rid you of spots and pimples. Have a regular skin care regimen. Apply the pulp of fresh cherries on your face before going to bed. Forget to pamper yourself. A gentle facial massage with oils could work wonders. Depending on your skin type, choose oils from mustard, coconut , almond or Kumkadi as they are excellent nourishing agents which help to get glowing skin. Better still â€” switch on some soothing instrumental music. After 20 minutes, what do you have? Beautiful skin and a relaxed you. Pamper yourself occasionally with spa treatments. Take out time for yourself, and try to avoid stress as much as possible. Have

you ever noticed that when you are stressed, you tend to break out more? This is because stress causes your body to produce cortisol and other hormones, making the skin more oily. Practice stress management techniques like breathing exercises, yoga and meditation. The more you meditate, the more you radiate. Neglect your jawline and facial muscles. For just 5 minutes a day, perform a few facial exercises. You can jut out your lower lip in such a way that wrinkles are created on the chin, then lower your chin to your chest. Another exercise that works wonders is to look up towards the ceiling and pout. It stretches out the muscles making the skin more firm. While we spend so much time and energy on honing our bodies and looks, we forget to express our inner joy and happiness. People may say you look 10 years younger than you are!