

Easy and Inexpensive Ways to Have Beautiful and Healthy Skin

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Your skin is the largest organ in your body. Its health is important to your overall health. It's also visible to the world. Few things scream "unhealthy" like unhealthy skin. We admire those that have great skin and feel sorry for those that don't.

Skin keeps the good stuff in and the bad stuff out. You can't live without your skin. **It helps your body to retain moisture and maintain proper body temperature.**

Many of us ignore our skin, but this is a mistake. Healthy skin can boost your overall health, your social life, and your self-confidence.

Use these techniques to treat your skin the way it deserves to be treated:

- 1. Wash your face daily.** Most experts recommend washing your face twice a day with soap specifically formulated for facial use. Avoid using the same soap you use to wash your hands or the soap you use in the shower. **Different soaps are appropriate for different parts of the body.**
- 2. Exfoliate.** Once or twice each week, exfoliate your skin with an appropriate product. There are two basic types of exfoliants, chemical and mechanical. The chemical products help to dissolve dead skin. The mechanical products contain grit that work similar to sandpaper. Try to use both each week, but not on the same day.
- 3. Avoid picking.** Picking at your skin causes damage and spreads germs. Keep your hands off your skin, especially your face.

4. **Hydrate.** Use a non-oil-based skin moisturizer after washing your face, after showering, and anytime your skin feels dry. Washing your skin removes moisture from your skin. It's important to add it back in. **Dry skin is unhealthy skin.**

5. **Eat a healthy diet.** Your skin is made of the foods you eat and the liquids you drink. Give your skin the building blocks it requires. This doesn't require a special diet - just eat the foods you know are healthy and avoid the foods that aren't.

6. **Drink plenty of water. Healthy skin requires a lot of water.** Strive to drink 8 (8 ounce) glasses of water each day. That's half a gallon. Drink more if your thirst dictates. Water is a much healthier choice for your skin than any other option. If plain water is too boring for you, add a slice of lemon.

7. **Avoid going to bed with makeup on your face.** Makeup isn't for sleeping. It can clog the pores and prevent your skin from sweating and "breathing" normally. It's also hard on your pillowcase, which leads us to the next tip.

8. **Keep your pillowcase clean.** After a week, your pillowcase is dirty. It eventually becomes soiled with dirt, oil from your skin, and bacteria. It's best not to lie your face on a dirty pillowcase day after day. **Change your pillowcase and sheets at least weekly.** Nothing feels better than clean sheets anyway.

9. **Avoid the sun.** Too much sun exposure is damaging to the skin. If you want to avoid wrinkles, avoid the sun. If you must be in the sun, use sunscreen. Many dermatologists recommend using sunscreen even if you don't plan to be out in the sun.

Since your skin is the largest organ in your body, it deserves special attention on a

daily basis. **Wash your face twice a day and use an oil-free moisturizer afterwards.** That alone can make a huge difference in the quality of your skin and your appearance. Caring for your skin can be quick and inexpensive.

If you're having chronic issues or more serious issues with your skin, make an appointment with a dermatologist.