

Facial Skin Care 101 - Problems, Products, and Solutions

Every individual needs to understand the basic concepts of facial skin care to know which methods and products best suit their skin type and condition. Quickly relying on a commercial product without knowing the effects of certain substances can prove to be detrimental to the body as a whole. Learn how to help your skin function fully by searching only for natural approaches and materials for a radiant face.

Different Skin Types, Problems and Solutions

Every individual has a skin type or a combination of skin types such as oily, dry, sensitive or partially oily and dry at the same time. Oily parts of the face usually involve the T-zone, forehead, cheeks, nose and chin. Dry areas usually involve the cheeks, temples and under the eyes.

Too much oil or moisture can lead to pimples, blackheads and whiteheads while very dry skin can have rashes, increased sensitivity, scales and redness. There are different natural approaches that focus on each skin type. The goal is to achieve balance by correcting the large differences in order to alleviate and reduce symptoms.

Identifying Facial Skin Care Products

It is important to have a natural and holistic treatment regimen to maintain the natural ecology of your skin. Cleansers are great products that enliven complexion, remove oil, makeup and dirt and clean pores without drying the skin or removing the acid mantle. It is recommended that you massage gently as you cleanse for at least 30 seconds. This will enhance circulation, skin function and tone. Facial skin care focuses on helping facial muscles relax through soothing touch and techniques.

Enzyme mask is an organic facial skin care product that effectively and safely exfoliates skin. The product is AHA-free and provides deep-cleansing action for all types of skin. This is ideal for individuals who have trouble with other commercial masks because of their sensitive skin.

Be gentle when applying the mask and avoid extreme exfoliation which can damage skin pores and dry out skin quickly. The top layers of the skin should remain intact to protect vulnerable cells from UV or ultraviolet damage.

Toners help maintain the right pH of complexion as well as draw moisturizers into the skin tissues and cells effectively. You reduce the risk of having large skin pores that predispose you to pimples, blackheads and infection. Choose fully organic botanical toners that vitalize skin and prevent dryness. Take three deep breaths and relax before and after applying the toner.

Stay away from products containing synthetic perfumes and dyes. Always pick natural products that are aligned with the normal natural processes and functions of the skin. Aloe Vera is effective for those with sensitive skin. When choosing cleansers, aim for soap-free ones. Check that salicylic acid is minimal in anti-acne cleansers. When trying out a product for the first time, test the product first by putting a small patch on a particular area of the face or skin then look out for reactions within the next 2 to 3 hours.

More Natural Facial Treatments

A healthy whole plant can have up to several hundreds of substances that are all bioidentical to the substances that naturally exist in your body. Cosmeceutical and other synthetic products cannot provide the same effect. Moisturizers help feed your skin and improve skin hydration and circulation. Highly concentrated formulas only need to be applied in small amounts.

Dark circles under the eyes are another problem that facial skin care emphasizes on fixing. The eye area is the most recessed part of the face thereby having a natural shadow. If eye puffiness is also present due to factors like stress, substance intake and poor diet, dark circles can become very obvious and last for several weeks. Under eye creams and gels are available which help reduce puffiness and get rid of free radicals that cause swelling. Try facial skin care products that contain natural ingredients like cucumber and vitamin E.

Wrinkles are another problem most individuals have to deal with. Aim for natural anti-wrinkle creams that include vitamin C and E. These will help your skin produce more elastin and collagen to improve elasticity and reduce deep wrinkles. On the average, effects are noticeable within 60 to 90 days. Wrinkles are a normal part of the aging process so be patient and rejuvenate your skin gradually.

About the Author

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