

Improving Your Complexion

Healthy skin is one of the most important elements of self-esteem. It requires care and attention to maintain a healthy glow and to remain soft and supple. Because our faces are most visible and are most exposed to the elements year-round, they require even more special consideration. Often, the first thing people notice when they meet you is your face and your skin's complexion. As a result, keeping your skin clean and presentable is the easiest way to avoid being self-conscious when meeting new people. Smoking is also extremely dangerous for the skin - among other parts of your body - as it causes vasoconstriction.

Eating a healthy diet is important for many obvious reasons, but a well-balanced food plan can also improve the look and tone of your skin. Both vitamin A and E are believed to promote good-looking, healthy skin. Clean your skin every evening - The skin pores get blocked dust to exposure to air pollution, wind, sun, air conditioning, dirt and grime from our fingers. Good skin begins with good skin care. Cleansing, toning and moisturizing are all crucial elements of a good skin care routine. Clay helps to deep cleanse and draw out impurities and to soften and condition the skin. Home remedies are cheap and without any side effects. After cleansing, one way to moisturize dry skin is to tone with rose water and then apply about a spoonful of glycerine. Only apply glycerine that has a few drops of vitamin oil added to it. Many other organic skin care products are available for natural skin care routines. Some of them are just as effective as or more effective than expensive skin product lines sold in stores. Try out a few different things and see what works best for your particular skin.

Some of the home remedies for making skin fair and improving the complexion are:

1. Use a face pack consisting of cucumber juice, lemon juice and some rose water.
2. Apply yogurt to the face.
3. A mixture of lime juice, gram flour and curd applied on the skin regularly will help you in getting rid of sun tan.
4. To lighten skin on Elbow and Knee, apply lime juice and leave it for 15 minutes.
5. The consistent use of coconut water rids the face of a tan also the use of nariyal makes the skin soft and supple .
6. Apply the juice of tulsi leaves and the juice of orange peel on the skin, and leave it for some time. This will improve your complexion.
7. Papaya pulp can be applied on the skin, this will remove whiteheads on skin.
8. Make a paste using Turmeric with a little unboiled milk and lemon juice. Apply it on the skin, it will help in removing a tan.

About the Author

Submitted by a guest

Source: <http://www.natural-face-minerals.com>