5 Things Your Skin Needs Every Day by Vidisha Rana

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We provides you a brief walk-through with the most integral requirements of the skin to rejuvenate it and keep it healthy.

Some Fast Facts About Our Skin

â€¢ Skin is considered the largest organ of our body

â€¢ It is composed of three layers, namely - the epidermis, the dermis and the sub-cutis

â€¢ Sub-cutis is the layer of the skin that accumulates fat

â€¢ Our skin cells renew itself almost every 28 days

â€¢ The finest layer is on the eye lid

â€¢ The amount of pigment melanin in our skin defines the tone of the skin

Following this basic skin care regime everyday to provide the skin with its basic requirements. The skin that is stripped of these basic necessities becomes dry, freckled and malnourished.

1. Water

Water is the one of the best remedy to enliven your skin. It gives you a twin advantage.

Firstly, it hydrates the skin cells which lose their water content during sweating. Secondly, it helps wash out the toxins. This improves the cell-absorption of the nutrients good for us. It helps remove the impurities from the skin cells that can lead to pimples, hydrating it to keep it looking plump and smooth.

Our body needs around two litres or eight glasses of water in a day under normal conditions.

2. Relaxation

You need a proper night's sleep for a healthy body with a healthy skin because this is the time when the body revitalizes and rejuvenates.

Lack of proper sleep could invite stress and all other sorts of psychological problems which obviously will affect the skin's health as well.

3. Proper diet

A healthy mind lives in a healthy body with a healthy skin. For this, a proper and balanced diet is the foremost requirement.

Essential Fatty Acids or EFAs help retain moisture and nutrients and have anti inflammatory effects. Foods like salmon, sardine, kidney beans, spinach, walnut fulfill this skin requirement.

Antioxidant rich food items like cantaloupe, berries, tomato, and plum prevent the damage of skin

cells and help it stay healthy. Fruits and vegetables rich in Vitamin A, B, C and E provide a younger and glowing skin. Skin is revived with ingredients like selenium and zinc.

However, junk and fatty food should be avoided.

4. Skin care and protection

Skin should be kept clean because the presence of dirt and other pore blocking pollutants are among the basic reasons leading to pimples and other skin problems. A soap-free cleanser that suits your skin type can solve the purpose.

Protection from harmful solar radiations is also extremely important. Over exposure to sun can fasten the oxidation process leading to tanning and early skin ageing. When stepping out in the sun, use sunscreen lotions with appropriate SPF rating.

5. Exercise

Regular yoga and other exercises reduce stress and keep the body fit, a sign of health that gets reflected through our skin.

Exercises increase blood circulation by dilating the capillaries. It also boosts collagen production which keeps the skin looking young.

Running, cycling and swimming give the best results.

A good skin takes a few weeks of proper care, attention and regime to revive it.

Above all one needs to relax. This will keep you in the pink of health, mentally as well as physically.

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