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Caring for your skin is very important to have that fabulous and flawless looks making many heads to turn towards you. Though it sounds like a distant dream for many it is not that hard protect your skin. Apart from the beauty aspect, it is very necessary to maintain a good skin as it actually reflects your health and mood and it also reflects what you eat. Dry patched skin might be an indication of a disorder inside the body. A high-glycemic diet, one that's heavy on pizza, bread, and desserts, can change the texture of your skin and heavy salt consumption can make the face look puffy, particularly around the eyes. Too much alcohol and caffeine intake can lessen the elasticity of the skin disposing it to breakouts.

Skin being the largest organ in the body holds all other organs, tissues, capillaries and muscles in place and also allows the body to breathe. The process of sweating eliminates waste through sweating and opens up pores which lose the dirt and blackheads and gives you a clear skin. Sweating is good of a healthy skin! Hold a though on what your skin requires and act accordingly. All it needs is to follow few simple habits to have beautiful skin and if you ever wish to have that fab skin, by just abiding to these steps will lead you to it.

Firstly, watch on your diet. Cut down on unnecessary fatty, fried and starch foods. Often I see several shows on my television subscribed with Dish Network Offers that give useful tips on the type of foods to be consumed while being choosy. Add lots of fresh and high fiber fruits and vegetables. Food rich in antioxidants makes you look younger as antioxidants protect cells from damage causing free-radicals. Increase your beverage intake, like water, green tea or fresh fruit juice, but never fall prey to ads that come up with beverages promising to cleanse and exfoliate your skin. Just drink lots of water and stay hydrated. Never touch and feel your skin often. It's a proven fact the hands have bacteria picked up from doorknobs to the faucet in the public restroom and the last thing you need is all that bacteria crawling all over your face blocking the pores. Use a good cleanser to clear your face skin and never use soaps as they tend to dry out the skin. Washing at night to wipe off the make-up before sleep is a must otherwise it'll lead to breakouts. Be careful about over cleansing the skin and once in a day should work fine to loosen dirt and clogged pores.

Moisturizing your skin is necessary to restore the moisture back to your skin and no matter what your skin type is. Particularly the skin around the eyes is very thin and susceptible to wrinkles. So, invest in a good eye cream to treat the puffy eyes and dark circles. Never miss to apply sunscreen as it is the most important part of your skincare regimen. Use a sunscreen before you venture out into the sun and not only in the sunny days but even in winter and on cloudy days, as the main cause of wrinkles is the sun damage. Wear sunglasses to protect the sensitive areas around your eyes.

Last but not the least is to exfoliate your skin once a week. This makes your skin to glow and it removes dead skin cells that tend to dull your complexion. You can go for an herbal scrub or buy a kit with peels and retinoid or opt for a professionally done micordermabrasion to unclog your skin. You need not invest in expensive skin care products for your skin protection; just a little extra care will get you that beautiful skin.

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[Treeves](#) - About Author:

Tina is a fashion enthusiast who likes to write about simple commandments to protect skin and watches TV shows on several channels available on a [Dish Network Offers](#) that give health tips for skin care especially during winters as the skin needs more attention during this season.

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