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Dry skin: Fast Relief with Natural Yoghurt and Buttermilk by Tedd Woods

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General dry skin - if not serious - can be uncomfortable to watch, very uncomfortable, and creates lines and wrinkles.

Severe dry skin can lead to disfigure and mental anxiety, for example - ichthyosis - a heredity disease tissue, which produces a dry, scaly skin.

If you have dry skin problems are severe or continue for a long time, see a dermatologist.

Dry skin can be helped plain yogurt and buttermilk. Both are fat and lactic acid, which helps to moisturize dry skin. This gives you a more natural and youthful looking face, and improve your appearance.

Why plain yogurt is a great natural choice for dry skin:

* Helps anti-aging.

* Use it as a facial mask.

* It peels off dead skin cells.

* Helps to calm and soothe inflamed skin.

* Your skin may become dry moisturized.

* The appearance of fine facial lines is reduced.

As the yogurt can improve your dry skin. This is a natural source of lactose, protein, minerals and moisturize dry skin. In addition, yoghurt adds enzymes and oils to dry skin and is a natural moisturizer.

* Do not buy the sweet taste of yogurt. Buy sugar free plain yogurt dry skin care.

* The label should read the live active cultures.

* Remove all makeup.

* Apply to the face and neck, plain yogurt.

* Leave for 20 minutes.

* Rinse with warm water, NEVER hot water.

Why buttermilk is ideal for dry skin.

Buttermilk is another great natural choice for your dry skin. Lactic acid in milk that has been synthetically used in many anti-aging products to remove the extra layers of dead skin. And because it is the lactic acid rinse your face every day plain buttermilk is ideal for dry skin.

As the buttermilk helps to improve your dry skin.

Lactic acid acts as a mild exfoliants. It removes dead skin buildup and helps to make your face youthful.

It is sour and astringent. This helps to facilitate and strengthen the skin, why buttermilk is a popular traditional instrument to facilitate freckles and age spots to treat sunburn.

A good way to facilitate a suntan dip and cover your face, neck, arms, etc., with muslin or another piece of plain cotton cloth dipped slightly sour buttermilk.

Wait about 15 minutes, then rinse thoroughly with warm water. Buttermilk is a healthy fat, and moisturize your face and can not be dry when finished.

Remember too much sun and harsh winter winds cause the skin to get dry oil lost cause wrinkles age, dry skin and skin cancer. Plain yogurt, buttermilk, and can provide quick relief of the most common dry skin problems.

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Tedd Woods - About Author:
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