Article Side

Facial Skin Care Tips in Winter by Tedd Woods

Article published on March 12th 2012 | Health

Winter is here and the frost nipping at your nose only, but the whole face. Fortunately, with a facial skin care routine that meets your exact skin care needs you can be on your way to healthy, radiant skin tone.

Your skin is dry or sensitive if he:

and stings or burns, skin care products are used

O is easily irritated

sometimes appear red and inflamed

o Feels itchy, dry, rough and flaky

Facial skin care for dry skin:

Regular bath soaps clean well but are highly alkaline and irritating both for dry and sensitive skin. Clear soaps containing glycerin and alcohol may also be too drying. So, as an alternative to soap, dermatologists suggest that in addition to soap, sensitive skin cleaners. If your skin is very dry or sensitive, you may need alternate washable lotion with sensitive skin bar. After cleaning, dry skin, apply moisturizer that is lightweight, hypoallergenic, preservative-free, universal and water based. Very dry skin, moisturizing oil, petroleum jelly or cream with 20 percent urea. After cleaning the skin sensitive to light, hypoallergenic, fragrance free moisturizer, like Eucerin. To check your tolerance to the product, dab the ear fluid, the first few days.

Your skin is normal, if IT:

And usually smooth and elastic

In general, clear / blemish-free

which is neither dry nor oily

Normal Skin Facial Skin Care:

You're one of those lucky people whose face can take some abuse and bounce back, looking fresher than ever. Almost all the cleaner (from regular bath soap sensitive skin bars) will work for you. If you need a moisturizer - some people with normal skin, no! - Choose a light, hypoallergenic, preservative, all-purpose, water-based moisturizer after washing.

Your skin is oily, if he:

O has enlarged pores and blackheads

The gloss looks greasy and my

Facial skin care for oily skin:

Regular bath soap in the morning and evening, is a well-cleaned your skin really benefits from the drying effect of strong alkaline bath soaps. If necessary, use a tongue pad at noon. Because your skin is naturally oily, you may not need.

moisturizer. But if you do, choose one that is noncomedogenic will not cause acne), and free of oil or water-based - Neutrogena and Aveeno., For example.

Your skin is combination, if it:

And the oily forehead, nose or chin

And dry on the cheeks and around the eyes

Facial Skin Care Combination Skin:

Dermatologists recommend one of two cleaning processes for women with combination skin. You can wash with a mild facial cleanser in the morning and use alcohol-free astringent for oily areas later in the day. Or wash with detergent soap in dry conditions and regular bath soap for oily areas. Treat dry patches as dry skin, then apply a water based or oil noncomedogenic moisturizer to the entire face.

Skin care tips for every skin type:

No matter how oily, dry or sensitive skin, always gentle cleaning. Use warm (not hot) water and a hand (no wash cloth). Rinse thoroughly. Then use the towel pat (not rub) your face dry. Wash your face no more than once or twice a day. After patting the skin dry, apply moisturizer to the skin while it is still wet, in order to ensure that it is absorbed. If your moisturizer provides protection from harmful sun rays, as well as applying a light sunscreen.

Article Source:
http://www.articleside.com/health-articles/facial-skin-care-tips-in-winter.htm - Article Side

Tedd Woods - About Author:
For more information on a laser treatment orange county , Visit platinummedicalspa

Article Keywords:
Laser Treatment, Laser Treatment Orange County

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!