Article Side

How to Choose the Right Moisturizer for Your Skin by Brenda

Article published on December 9th 2011 | Women

There is a common misconception that people with oily skin donâ€™t need moisturizers but this is an absolutely wrong notion. Moisturizers are essentially skin care products that help to keep the skin hydrated. Dehydration of the skin apart from increasing the probability of acne also accelerates the wrinkling process. However the most obvious symptom of dehydration is the dry skin effect. So it is imperative to use moisturizers to keep the skin in healthy condition but you just shouldnâ€™t choose any random moisturizer. Your selection should be a moisturizer that suits your skin and which helps to enhance it. Through this article, my quest is to help you to find the right moisturizer for your skin.

The first thing that you need before buying any skin care or medicinal product is to read the labels. The rule holds no different for moisturizers. Check the labels to see if the moisturizer contains any harmful ingredients that may cause the skin damage. If you are unsure about the ingredients then ask the health care expert or else educate yourself about it via the internet.

Also there are three different types of moisturizers namely lotions, creams and ointments. Among these, lotions have the highest amount of water content and are perfectly suited for people with oily skin. Ointments can be used by people suffering from dry skin and itchiness. Creams hold a universal appeal and can be used by practically everyone with or without dry skin conditions. These are especially useful during the winter seasons as the coat of cream acts like a protective layer for the skin.

The sunâ€™s harsh rays tend to hurt the skin and if you are one of those frequenting places during the day time should use a moisturizer with a high sun protection factor (SPF) of 15 or more. Also if you sensitive skin, then it is advised that you choose a moisturizer without fragrance because the fragranced moisturizers are typically hypo allergenic and may cause the skin to burn or sting.

However with the hordes of moisturizer selections available in the market, the sheer number of selections to choose from may daunt you. If that is the case, then get in touch with a reputed skin care expert or a dermatologist who could guide you on the best products that are suited for your skin.

One more thing to remember is to go by the productâ€™s performance and not by its price. That doesnâ€™t mean you need to spend lavishly on a particular moisturizer but while selecting one you your first priority must be the quality of the moisturizer and not its price. Hopefully these tips will help you to make the right selection of moisturizer.

Article Source:
http://www.articleside.com/women-articles/how-to-choose-the-right-moisturizer-for-your-skin.htm - Article Side

Brenda - About Author:
The author himself uses moisturizers of the a Dove and a Astral range and says that these are two very effective products especially if you are suffering from dry skin.

Article Keywords:

Astral , Dove , Burts Bees

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