

Nowadays, girls complain about having an unhealthy skin, because they want their skin to glow. People are unaware of the tips and tricks to maintain their skin naturally by keeping it healthy, beautiful and glowing. Here are some simple tips that you can follow to differentiate your skin beauty amongst the masses.

Too much chemicals applied on skin has left many girls with an unhealthy skin in the modern era. Take the example of bleach that contains dangerous chemicals, harmful for the skin, namely carbon and hydrogen. Creams are being used as skin shiners, but apparently they are one of the major skin destroyers.

The following tips can make your skin glow naturally.

One of the most important ways to take care of your skin is to protect it from the sun. Sun exposure throughout can cause wrinkles, age spots and other skin problems, as well as it can increase the risk of skin cancer.

- Use natural, organic sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen often, and reapply every two hours — or more frequent, if you're swimming or perspiring.
- Avoid smoking if you want a glowing skin as smoking makes it unhealthy and dark toned.
- Limit bath time. Hot water and long showers or baths remove the natural skin oil away from it. Limit your bath or shower time, and use warm — rather than hot — water.
- Minimize the usage of strong soaps. Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- Use Olive oil daily and apply it on your skin if you want it to be soft and smooth.
- Use oats and lemon face pack. Oat is a natural exfoliator. Oats are hypoallergenic and are suitable for those who have eczema. If you only had oats for breakfast to become slim, you can also use it on your skin to clear it away from excessive oil, grime and impurities. Lemon is rich in vitamin C and has skin lightening attributes. You will find that many commercial fairness creams have lemon extracts in them. Isn't it better to use lemon juice directly than using extracts? Also give your skin a break from harsh chemicals.
- Use Aloe Vera daily by extracting its gel from the plant and applying it on your skin. It'll make your skin glow. It's really helpful and easy to use.
- If your skin's suffering from a sun-burn then prepare Almond paste, tomatoes and Rose water. It'll help with sun-burn removal. It is the natural ingredient.

- Use tea water and honey face pack. If you simply love the aroma of tea, you can also use it for your skin. You can use tea water for taking a bath and soak in its fragrance. Also, you can put tea water in a spray bottle and gently spray it on your face to feel rejuvenated. You can use normal black tea, green tea or herbal teas like chamomile, mint and lavender. Just like you drink tea to relieve stress, similarly de-stress your skin with a tea water wash. The antioxidants in tea water will flush out the free radicals and toxins from your skin. Adding honey will help protect your face from bacteria and keep it hydrated.
- A healthy diet can help you look and feel healthy. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but research suggests that a diet, rich in vitamin C, low in unhealthy fats and processed/refined carbohydrates might compliment a younger looking skin. Do not starve yourself, otherwise this will affect your skin.
- Uncontrolled stress can make your skin more sensitive, trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take initiatives to manage your stress. Set reasonable limits, scale back the to-do list and make time for doing the things you enjoy. The results might be more dramatic than you expect. Take less stress.
- Do smile most of the time, because it will help you make skin healthy.
- Hormonal skin issues, not only affect teens but happen with adults too. Surging progesterone and testosterone levels before your period can cause adult acne to erupt around the mouth, chin, and nose. And hormonal stress can exacerbate eczema—dry, irritated skin, often on the face and hands.
- Brazil nuts are rich in selenium that increases skin elasticity and may reduce the chances of skin cancer, as per current findings. Throw in walnuts—which are loaded with omega-3 fatty acids—to lower inflammation and slows down breakouts, says Molly Morgan, Board Certified Sports Specialist Dietitian and author of *The Skinny Rules*. Finally, add some macadamias. "They're full of high quality oils and fatty acids that helps with skin repair and rejuvenation" says integrative practitioner Isaac Eliaz. Aim for a handful of each daily to reap their pore-perfecting benefits.
- "Dairy products—even those that are organic—contain cow hormones that stimulate your oil glands and your pores, leading to acne," explains Wu. Beware of hidden dairy in foods like salad dressing, protein bars, and shakes. And if you have to go out there, stick to skimmed milk. "The hormones are concentrated in fat, so it's your best chance.
- A steamy shower may feel great, but it's one of the worst things you can do to your skin. Not only does the heat strip away essential oils, but it creates a mild burn. Blood vessels respond by dilating in an effort to cool down the skin, causing flushing and ruddiness. "When you're in your twenties, you can take a hot shower, be red & swollen and recover in an hour, but in your thirties, it may take 2 hours," says Alexiades-Armenakas. "By your forties, your skin just doesn't have the ability to shrink back to its original state so you stay ruddy all the time.

- Adding a lycopene-rich food, such as this juicy pink treat, "helps reduce damage and redness caused from sun exposure, prevents future wrinkling and possibly even lowers skin cancer risk," says Elizabeth Somer, nutritionist and author of *Eat Your Way to Sexy*. Aim for one cup each day by tossing it in salads, salsas, and smoothies. Or try her recipe for refreshing ice cubes: Purée watermelon, sweeten with concentrated apple juice, pour into an ice tray, and freeze, then add cubes to water (fizzy or still) for a refreshing, skin-saving mocktail.
- As if you need another reason to buy a new pair of sunglasses, turns out they offer more protection against undereye wrinkling and aging than sunscreen. "While your eyes are always prepared to handle sunlight, the area around them is comprised of the thinnest skin, where most of the signs of aging are," says Amiry. "Every time you squint from bright light, you're creating lines from that repeat movement." To keep the wrinkles away, choose a pair of polarized glasses, which are wide enough to cover the eye section entirely.
- "Water helps clear the toxins that cause inflammation and blemishes," explains Eliaz. "It also assists in transporting nutrients and oxygen to skin cells, and preventing dehydration, which can cause premature aging." It can even make skin appear healthier, since the hyaluronic acid that naturally exists in skin will pull in and hold the water for a wrinkle-plumping effect, according to Day. Both recommend at least 8 glasses of water in a day, or more if you're active or live in a warm climate. To add a little flavour, try a skin-soothing tea like chamomile or mint.
- Eat a lot of vegetables for a healthy skin, because these make skin healthy and glowing, and they contain nutrients and proteins.
- Do take proteins and nutrients for the healthy skin.
- Make a timetable to develop a healthy diet, which mostly has fruits and vegetables in the menu.
- Sleep is essential for healthy skin. Limited sleep will make your skin appear tired and older, especially with dark-circles under them. Unscheduled sleeping habits can turn out to become a vicious cycle, because lack of sleep makes you irritable, anxious and depressed, and that makes it harder for us to get a good sleep.
- Consumers need to understand that many products lose their effectiveness if they are applied in combination with others - one might negate the efficacy of the other. In some cases, a "cocktail" of different medications may irritate the skin.
- Simply, use natural ingredients for the healthy skin and keep away from using excessive chemicals for e.g. bleach and facial etc.