

All about Facial skin care

'Facial skin care' is more a matter of discipline than anything else. A facial skin care routine is what you need (and you need to follow the facial skin care routine with complete seriousness). So let's check what comprises an effective facial skin care routine. Well, very simply, a facial skin care routine can follow the following 4 steps:

- * Cleansing
- * Toning
- * Exfoliating
- * Moisturising

Cleansing is the first thing in facial skin care routine. Cleansing helps in removing dust, pollutants, grease and extra oil from your skin, thereby preventing damage to your skin. Just spot your face and neck with a good cleansing lotion or cream and gently massage it into your skin using upward strokes. Use a soft face tissue or cotton wool to wipe your face in a gentle patting fashion (do not rub). Cleansing should be done at least twice a day i.e. morning (as part of complete facial skin care routine) and evening (on a standalone basis). Water soluble cleansers are the best for inclusion in your facial skin care routine.

Toning is the next in a facial skin care routine. However, this is the optional part of the facial skin care routine. Mostly, proper cleansing can compensate for toning. Toning helps remove all traces of dirt, grease and excess cleanser. Instead of making it part of your daily facial skin care routine, you can use toning occasionally i.e. when you have been exposed to particularly harsh environment/pollution.

Exfoliation is again, kind of, optional step in everyday routine for facial skin care. However, exfoliation is necessary at least once a week (or twice, depending on the skin type and the environmental conditions). Exfoliation finds its place in facial skin care routine because of the natural tendency of skin to replenish the skin cells every 3 or 4 weeks. As a facial skin care technique, exfoliation helps in removing the dead skin cells that block the pores, thus assisting the skin in the natural process. However, excessive or harsh exfoliation can cause damage to your skin; so you need to balance it out.

The next thing in facial skin care is moisturising. In fact, moisturising is the most important part of facial skin care routine. Moisturisers prevent your skin from getting dry. Dry skin is really undesirable since it causes the upper layer skin to break, leading to dead skin cells. Again, use light upward strokes to make the moisturiser more effective. Moisturisers work the best when applied on

warm and damp skin. So do not try to remove all the moisture in the previous steps of facial skin care routine.

Besides the normal facial skin care routine, you should also exercise the following for facial skin care:

- * Use proper make-up remover instead of just washing it away
- * Pay heed to your skin type and the environment, when choosing facial skin care products.
- * Before you start using a new facial skin care product, test it by applying it on a short patch of skin e.g. ear lobes.
- * Never rub your skin too hard.
- * Use sunscreen lotions for protection against sun.