

Are Natural skin care products the answer to all problems?

When it comes to skin care products, you will find that a lot of people are very particular about using only natural skin care products. They treat all the synthetic products as harmful to the skin.

So, are natural skin care products the answer to all of our problems? What if a natural skin care product is not available for the treatment of a particular skin disorder? Are the synthetic skin care products so harmful that they should be banned?

Different people have different answers to these questions. However, the reality is that due to presence of synthetic preservatives, it's really tough to find a natural skin care product that is 100% natural. There are natural skin care products that have natural preservatives, but their cost might be detrimental. Moreover, such natural skin products have a shorter shelf life and hence are not preferred by the manufacturers of natural skin care products.

Some people carry a wrong notion that since natural skin care products are natural, they cannot cause any harm to the skin. The suitability of a skin care product is not based on whether it is synthetic or natural. An unsuitable natural skin care product can harm you in almost the same way as a synthetic one. So, use natural skin care products, but be open to synthetic ones too (you might need them when a natural solution is not available)

Your selection of a natural skin care product should be based on 3 factors:

- \* The skin type (dry, oily, normal, sensitive) of the person who will use that natural skin care product
- \* The climatic conditions in which it will be used e.g. hot and humid condition would warrant the use of oil-free natural skin care products.
- \* The process for application/use of the natural skin care product. A good natural skin care product (in fact any product) can seem useless if not used in the proper way.

You can also make natural skin care products by yourself, by using the recipes that are readily available on the internet and in the books at book stores.

Use of organic fruits and vegetables is also popular as a natural skin care procedure. Some essential oils, herbal oils, are useful too and are known for their moisturising and antiseptic properties

However, using a natural skin care product does not mean that you can exercise

carelessness with other aspects of skin care. Natural skin care products should be used like supplements to the following 'essential' recommendations: healthy eating habits (avoiding oily food), regular exercise, drinking a lot of water (8 glasses everyday), and cleanliness. This will then form a perfect and completely natural skin care routine that will help maintain a healthy beautiful skin for longer time.