

The importance of caring for your skin

"Packaging is as important as the gift itself" - it's something that most of the gift manufacturing companies follow very closely. The same holds good for you too. Your outer-self i.e. your skin is as important as your inner-self. A lot of people do realise the importance of skin care. Well, this is one reason why there are so many skin care products in the market and most of the skin care products seem to do pretty well. We generally tend to associate skin care to just good looks. However, there is more to it than just that. There are multiple benefits associated with a healthy and glowing skin.

Firstly, it has a good effect on you yourself. It makes you feel fresh and energetic. You are able to do more work and are quicker with everything you do. More importantly, the freshness adds to your enjoyment and makes your day. So a healthy skin too plays its part in building confidence. Yes, you can take most of the credit for having achieved that (however, do leave a little for the skin care products too).

Moreover, this flow of positive energy is experienced by people around you too and you observe that even they are friendlier with you. You get more respect from others. They are more responsive to your queries. They themselves experience the freshness that you are exuding. They love working with you and for you. Yes, that's how it works. Some people might even go ahead and ask you about the skin care products you use (you might or might not reveal those secret skin care products to them). Thus, a healthy skin can be instrumental in creating a pleasant and friendly environment around you. On the other hand, carelessness or negligence on this front can make you look unattractive and dull. You will not only look dull but also feel dull. Your work efficiency is reduced. Even the people you meet might not be as friendly. In fact, it might lead to the aging process getting started much earlier.

Thus the importance of skin care cannot be ignored. However, skin care is not that difficult at all. There are a lot of skin care products available and you can choose the ones that suit you the best. There are various ways in which skin care products are classified and the knowledge about these classifications will help you understand them better and make a selection.

\* The first categorisation is based on the skin type - so you have skin care products for oily skin, skin care product for dry skin, skin care products for sensitive skin etc.

\* Another way is to categorise skin care products based on their use e.g. you have moisturisers, cleansers, skin care products for exfoliation, toners etc.

\* Then you have skin care products for treatment of various skin dilemmas i.e. skin care products for acne, skin care products for stretch marks, skin care products for anti-ageing etc.

\* Another classification is based on the ingredients e.g. herbal skin care products, synthetic skin care products, cosmetic skin care products etc.

However, skin care products are not the only way of skin care. You also need to build some basic skin care procedures in your day to day life (as we discuss in the other article on personal skin care).