



SKIN WITH LINDZ

SKIN CARE TIPS

Helping women put there best face
forward in life and business.

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Which Skin Type Are You?

we are going to review what are the typical skin type's and key characteristics that would put you into that category. If you are one of the millions that don't know which one you are, not to worry in this brief but, accurate guide you will be able to clearly identify which type you are by the end of this post. Let's review the top four skin types found in my clients.

Combination Skin Type :

Your skin can be dry or normal in some areas and oily in others, such as the T-zone. Many people have this type. It may need slightly different care in different areas.

1. Large pores (may appear more open, as they are)
2. Blackheads
3. Shiny skin

Dry Skin Type :

You may experience cracked, peeling, itchy or inflamed skin. If you experience very dry skin it could become dry and scaly, commonly on your hands, arms or legs.

1. Pores appear invisible
2. Complexion appears dull and rough
3. Blotchy red patches
4. No elasticity in skin
5. Lines are more visible

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Oily Skin Type :

Different seasons can cause oiliness to increase or decrease. The following could cause it to worsen:

1. Puberty or Hormonal imbalances
2. Stress
3. Heat or humidity

With a oil skin type you may notice:

1. Enlarged pores
2. Dull, shiny or a dull complexion
3. Pimples, blackheads or other blemishes

Sensitive Skin Type :

Sensitive skin requires you to find the triggers and trying to avoid them. The reasons vary, however, it is often caused from a reaction to certain skin care products.

Sensitive skin can appear with the following signs:

1. Redness
2. Burning
3. Itching
4. Dryness

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What cause's Acne?

Most times acne is caused by clogged pores, either from hair follicles that have become clogged or clogged with oil and dead skin cells. Common area's to break out are on your forehead, face, chest, shoulder's and upper back, with either white heads, black heads, pimple's. Even though acne is commonly seen in teenagers, it definitely does not only effect teens, it can effect anyone, at any age.

Acne Symptoms :

1. White heads (closed clogged pores)
2. Blackheads (open clogged pores)
3. Small red, tender bumps (papules)
4. Pimples which are papules with pus at their tips.
5. Large, solid, painful lumps found under the skin(nodules)
6. Painful, pus filled bumps under the skin (cystic lesions)

Treatment's are available, acne can be tough to treat. It can cause emotional distress and scarring of the skin if not treated properly or from picking at the scars while they are healing. It is important not to pick at the scabs as they are drying out, as this will cause scarring of the skin.

Symptoms that could make your acne worse:

1. Stress
2. Diet
3. Horomones
4. Certain medication's

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The Habit Of Keeping Skin Great.

Do you have skin problems? Surely selfies aren't going well for skin ailments? There is no need to worry so much. The solution is in your hands.

Proper diet is important :

You don't just have to take care of your skin from the outside. You also have to take care of the inside. You need to eat quality full food. It should be kept low in milk and dairy foods, as these foods make the skin oily. It causes brown, rashes on the skin. So, you need to have a variety of food grains, beans, fresh vegetables, plenty of fruits and plenty of water in your daily food list.

Wash your face twice a day :

You have to wash your face two times a day. As a result, oil and dirt accumulate on the face and the skin becomes fresh. However, you have to choose a face wash according to your skin type. And you need to use sunscreen before going out in the sun. However, it must be used according to your skin type.

Get enough sleep

Sleep is one of the most important parts of healthy skin. Prolonged sleep refreshes the body as well as the skin. Fills the skin in youth. So, you need to get at least 8 hours of sleep a night.

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The Habit Of Keeping Skin Great.

There is no substitute for Exercise.

There is no substitute for yoga to keep your health fresh and beautiful. Similarly, yoga is very beneficial for your skin. You will also benefit from light free hand exercises at home. Exercise will reduce excess oil as well as reduce the oiliness of your skin. However, it is very important to clean the skin well after exercising.

If you follow this habit for a month, you will be fascinated by the change in your skin. With long practice, the results will be long lasting.

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