

Cleansing Skin Care

Pages

[Home](#)

[About](#)

Categories

[Cleansing Skin Care Articles](#) (14)

[Uncategorized](#) (1)

Popular tags

Search

Skin Care – Natural, Three-Step Home Skin Cleansing Program

16 February, 2011 (03:37) | [Cleansing Skin Care Articles](#)

Feeling confused, even cynical, about the number of **skin care** products on the market today that promise miraculous beauty transformations? Do hefty price tags put you off from experimenting with new **skin care** systems?

You are not alone. According to Judith Charles, a licensed aesthetician for 28 years, women need to arm themselves with data on **skin care** basics before heading for the cosmetic counters. They can also shorten their shopping lists because some of the best remedies are no further than their kitchen cabinets.

"The most important principle that all women should know," says Judith, "is that **skin** actually generates from within. It is your body's largest organ." Although it might not be evident, **skin** is much more than the thin layer people see. It is several layers thick and includes an intricate system for delivering nutrition and oxygen to the cells. Moreover, it produces millions of new **skin** cells every day.

Water and nutrition are key elements in keeping this vital organ healthy and youthful looking. Although topical applications like moisturizers will help, Judith observes that they can only account for a 40-50% improvement. So the first step is getting the correct nutrition for your body type and lifestyle.

As regards to external **skin care**, the most important action is moisturizing. Luckily it's not necessary to spend lots of money to keep your **skin** properly hydrated. In fact, you can buy the ingredients you need from the grocery store if you don't already have them.

Most of the items that Judith uses for her own **skin** are natural ones she makes at home using ingredients that she buys at grocery or health food stores. This provides an important benefit – she knows they are all safe and that she is not allergic to any of them.

She recommends starting the day with the same three-step morning **skin care** program that she uses.

First, gently clean your face with one of the following mixtures and then rinse with water.

Dry **skin**: A velvety mixture of sugar and water. Ensure that the sugar is sufficiently dissolved or it will feel too abrasive.

Oily **skin**: A baking soda & water mixture.

Normal **skin**: A combination of sugar, baking soda and water.

Second, use a toner to rapidly close pores and refresh your **skin**. One of her favorites will work for any **skin** type. Squeeze the juice of half an orange or lemon into a bowl. Add warm or cold water and splash the toner on your face. Pat dry. The remaining toner can be kept in the refrigerator until you're ready to use it again.

Finally, apply a moisturizer. This simple one is good for any type of **skin**. Wet your face. Then squeeze a small amount of honey on your fingertips and wet them with water. Gently massage the honey and water mixture into your **skin**.

This three-step program is simple and inexpensive, but more important, Judith says, are the great results she sees.

Mary Tinat has worked for more than 20 years in the fields of writing and public relations. That expertise, combined with her commitment to a healthy lifestyle, led her to write articles about natural make-up and **skin care**. For more information on her work, go to <http://www.wordformers.com>

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