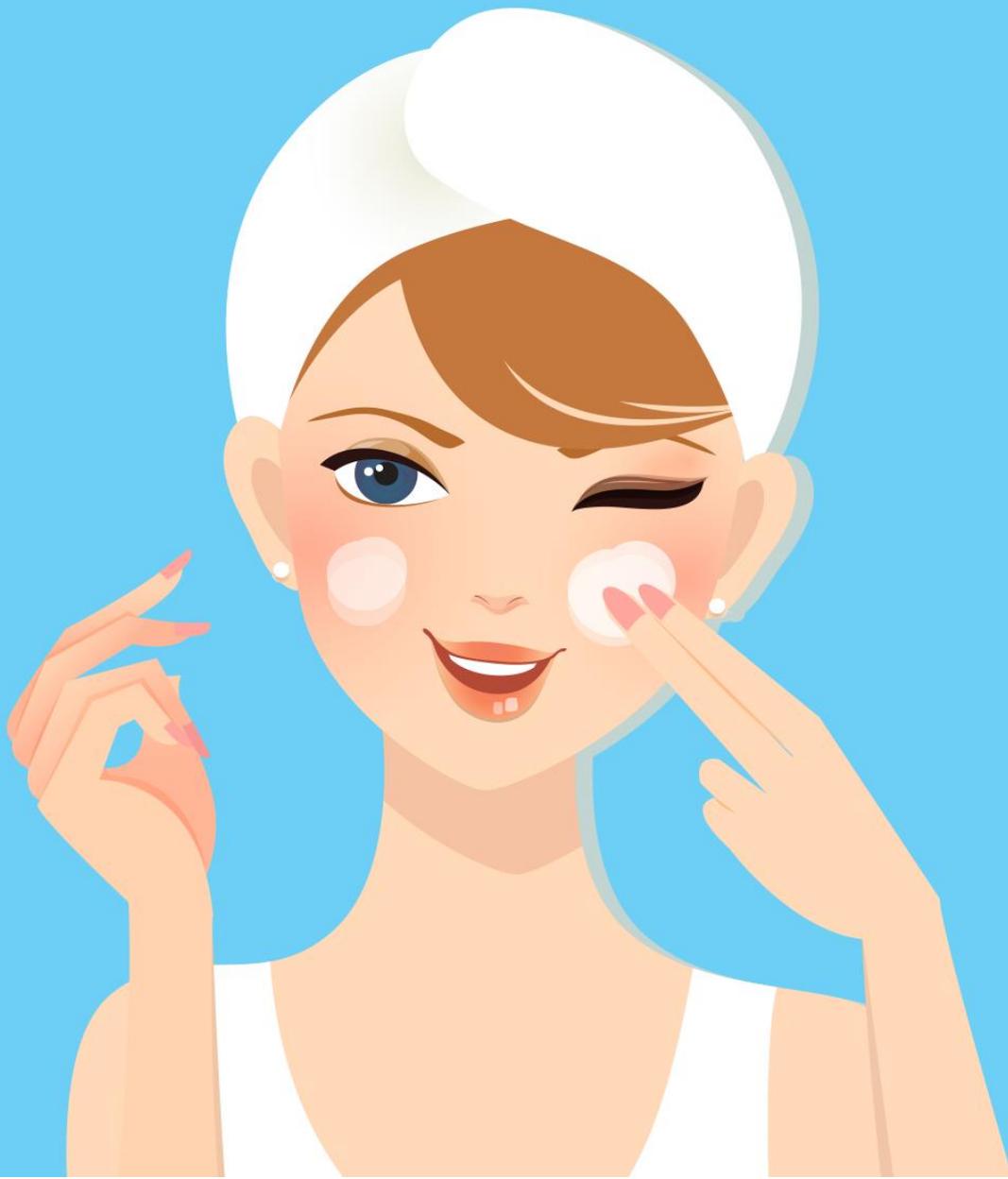


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The image features a woman with blonde hair and a surprised expression, holding several colorful shopping bags (pink, orange, red) in front of her. The text is overlaid on the image in various colors and fonts.

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The image shows a group of diverse young adults in a classroom setting, all giving a thumbs-up gesture. The background is a bright, modern classroom with large windows. The text and logos are overlaid on the image.

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# Introduction

Are you worried about your sultry and dull skin? Then, you are not alone! A lot of people, especially women, have the same problem. Since your skin is one of the first things people see when they glance at you, you have to ensure that your skin appears young and beautiful. But, how can you do this? The answer is very simple.

Having glowing and beautiful skin can be easily acquired. It merely depends on how you do it. Sometimes, people think that achieving their desired skin condition may take a lot of time and effort. Though this is quite true, it doesn't mean that you will find it hard to get what you really want.

Improving your skin takes perseverance and commitment. Thus, you have to know what you need to do and what you need to avoid. Don't know where to start? Then, you are at the right place! This eBook will provide you exceptional facts about how to get the stunning skin you have always longed to have.

To answer all your inquiries about what you need to know about having beautiful skin, don't hesitate to read the succeeding chapters. Then you will be one step closer to your desired goal of having perfect, glowing and beautiful skin.

# Chapter 1:

## *Beautiful Skin Basics*

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### *Synopsis*

Your skin is the largest organ of your body, weighing from two to four kilos. It also completely refurbishes itself every 7 to 10 weeks. Depending on your state of health, your skin may appear soft, smooth, dry or sultry. To guarantee that you will have beautiful and young skin, don't forget to pamper it.

Like other people out there, you probably don't know how to have beautiful skin. Instead of worrying about what to do, simply use the following as your guide.

## How to Get Beautiful and Glowing Skin

When it comes to skin, most people prefer to do everything just to ensure that they get the look they desire from their skin. However, not all of them find it easy because it takes supplies of cash and effort. If you are one of them, you have to follow the succeeding tips:

- ***Wash Your Face at Night and in the Morning*** – When washing your face, make sure that you use a product suited for your skin type. Say for instance; if you have visible pores all over your face, use a wash for oily skin. For few visible pores, you likely have dry skin.
- ***Exfoliate Your Skin*** – You have to do this at least once a week. Rubbing an exfoliating product delicately on your face using your fingers will help a lot in your battle. As advised, rub the product on your face for the same length of time that you would normally wash it. Then, rinse the product off with water.
- ***Moisturize Your Skin After Washing*** – You have to do this even if you have greasy skin. One important thing to check is to see if the moisturizer is meant for normal, oily, or dry skin.
- ***Drink More Water*** – Water plays a vital role in making your skin stunning and glowing. It helps flush out your system and keeps your skin clear. As experts say, stay away from any sugary juice or soft drinks since sugar may intensify acne.
- ***Eat Plenty of Vegetables, Leafy Greens and Fruits*** – Your skin is the biggest organ and it reacts to the food you consume. Foods rich in omega-3 fatty acid like almonds and salmon are perfect for your skin.

- ***Apply Masks Every Week*** – You may want to start using an effective lotion mask for deep moisturizing or a clay mask for deep cleaning. You can also apply your preferred mask and leave it on for at least fifteen minutes until it dries out. Then, peel or wash it off.
- ***Perform Some Exercises*** – Exercise for about 30 minutes three to five times a week. Regular exercise helps to reduce stress, which may lead to fewer breakouts. It also increases blood flow to the skin, assisting cells to stay healthy.

For some, following the above tips may seem hard. But, if you really want to have beautiful skin, you will do everything you need to in order to reach your goal.

### **Other Things You Need to Do**

Aside from the above mentioned, you have lots of things to do to have beautiful skin and they include the following:

- Try to have restful and sound sleep
- Take high quality supplements like minerals, vitamins and Omega 3 essential fatty acids
- Know your skin type
- Keep stress levels to a minimum
- Avoid excess exposure to extreme temperatures
- Limit your intake of alcohol and caffeine
- Practice a daily skin care regime

If you find it hard to remember the different things you need to do, try to make a journal. Simply write down the different things you need to do and eat every day. This will serve as your guide to reach your desired skin results.

### **Vitamins You Need to Have Beautiful and Young Skin**

Vitamins play a crucial role to have not just beautiful, but also young and glowing skin. To give you some hints, here are the top skin vitamins you need to change your skin:

- **Vitamin A** – This strengthens your skin, keeping wrinkles at bay. This type of vitamin comes from liver, milk, egg yolk, spinach, vegetables and orange-colored fruits.
- **Vitamin B** – This helps you keep a healthy skin tone. This type of vitamin comes from tuna, chicken, potatoes, black beans, asparagus and watermelons.
- **Vitamin C** – This helps in enhancing the production of collagen, a crucial skin protein. It comes from strawberries, citrus fruits, broccoli, tomatoes and cabbage.

Since all of these vitamins are essential for your skin, you have to adjust your diets. Make sure that you are consuming foods that are loaded with these top three skin vitamins.

# Chapter 2:

## *Use Cleansing Products Suited for Your Skin Type*

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### *Synopsis*

Taking care of the skin is one of the most essential parts of a woman's everyday routine. To keep their skin beautiful and glowing, most women use cleansing products. Are you tempted to use the same thing? If yes, then you need to know everything about cleansing products before using them.

With increasing demands of cleansing products, more and more manufacturers keep on producing distinct types and brands. As a result, consumers like you will find it hard to pick the right one. Instead of worrying about this issue, simply ask your dermatologist on what type of product suits your skin needs. You can also read several reviews online and use these as your guide.

### **Cleansing Products for Different Types of Skin**

Cleansing products are the must-have items for anyone desiring to take care of their skin. These items can help skin to be cleansed and rejuvenated by cleaning the skin of oil and grunge from daily living. But, it is not always easy to search for the most effective cleansing products because users have different skin types. Some have oily skin while others have blotchy, sultry and acne prone skin.

Depending on your skin, it may change every season. If you are one of the people, you will need to use a different type of cleansing products for summer than you would use during the winter season. If you don't know

what type of cleansing products is best suited for your skin, here are some hints you need to consider:

- ***Sensitive or Dry Skin*** – Cleansers made for sensitive or dry skin are loaded with moisture beads. Cucumber and aloe vera are the frequent ingredients found in cleansers created for sensitive skin. These two plants contain anti-inflammatory and soothing properties.
- ***Combination*** – These cleansers are designed to be creamy and mild, usually in a gel form. Acne skirmishing ingredients like salicylic acid might be available in these products. These items are usually pH balanced as combination skin is likely to be very unpredictable.
- ***Oily Skin*** – Cleansers formulated for oily skin tend to be in gel rather than balm form. The gel is designed to purify the skin of as much dirt and oil as possible. Some of these cleansing products have exfoliation beads built into the gel to assist with washing out dead skin cells.
- ***Anti – Aging*** – These cleansing products are usually very moisturizing and creamy. They also help in nourishing and hydrating your skin to slow down your aging process. They are also often infused with vitamins like Vitamin E and beta-carotene. You might also find that these cleansing products contain green tea, retinol and argireline.

Each type of cleansing product serves a purpose. The effects from using a product can be visibly seen when it is the right cleanser for your skin type. Thus, the cleanser should result in a smoother and softer complexion. If

your cleanser causes you to dry out or break out, then you are not using the best cleanser for your skin type.

## **How to Choose the Best Cleansing Products**

Finding the best cleansing products may take much time and effort. This is often the case if you don't know what exactly you need. To choose the right one, here are things you should know:

### **For Dry or Mature Skin**

If you have mature or dry skin, don't forget to look for soothing or creamy lotions and cleansing products. Your preferred items should contain higher concentrations of water, oils and emollients. Rose water helps your skin to stay moisturized and glycerine which is a gentle and natural humectant that draws humidity to the surface of the skin.

### **For Sensitive Skin:**

Glycerine is also essential for sensitive skin because it has been revealed to promote normal cell maturation. Steer clear of scrubs and exfoliating cleansers if you are susceptible to irritation. To combat swelling, redness and inflammation, you can also pick a cleansing product that is rich in aloe vera.

### **For Combination Skin:**

If you have this skin type, it may take a bit of trial and error to look for a cleanser that doesn't leave your skin feeling tight. As advised, clay, aloe vera, tea tree oil and thyme are effective at soothing acne. Foaming cleansers may also be too dry for users with acne, leading to surfeit sebum

production as their skin attempts to overcompensate for the loss of its own oils.

# **Chapter 3:**

## *About Moisturizers*

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### ***Synopsis***

Do you want to have glowing and beautiful skin? Then, you may be tempted to use moisturizers. The main function of these moisturizers is to soothe the skin and build a moisture barrier to keep the natural moisture in. It means that these products should be applied either directly after washing and toning the face or after the shower.

## What are Moisturizers?

Moisturizers, also known as emollients, are complex mixtures of chemical agents specially made to make the external layers of the skin more flexible and softer.

These products increase the skin's hydration through reducing evaporation. Naturally occurring sterols and skin lipids, as well as natural oils, lubricants, emollients and humectants, may be part of the composition of skin moisturizers. Moisturizers are available not just for cosmetics, but for therapeutic purposes as well. They can also be made at home with the use of common pharmacy ingredients.

Moisturizers treat and prevent dry and sultry skin. They can also help in protecting sensitive skin, improving skin tone and masking imperfections. These products often contain lightweight oils and silicone-derived ingredients.

## Ingredients of Moisturizers

Skin moisturizers can be divided into three categories and here they are:

- ***Humectants*** – This can help to absorb moisture from the air and hold it in the skin. Some common examples of these are urea, alpha hydroxyl acids and glycerin.
- ***Emollients*** – This can assist in filling in spaces between skin cells and smoothing or lubricating the skin. The usual examples of these are mineral oil, lanolin and petrolatum.

- **Preservatives** – This can help in preventing bacteria growth in moisturizing products.

Other essential ingredients of moisturizers include minerals, vitamins, fragrances and plant extracts.

### **Using Moisturizers to Treat Your Skin Problems**

For treating skin dryness, the best moisturizers are oil-based and heavier types that contain ingredients like grape seed oil, antioxidants and dimethicone. For very dehydrated skin, petroleum-based products are best as they last longer than creams and are more suitable for preventing water evaporation.

For oily skin, water-based types that are non-comedogenic are the best choice. These moisturizer items have less possibility of comedo formation.

To keep aging skin well-hydrated and soft, make sure that you pick a product that contains petrolatum as the base, together with alpha hydroxy acids and antioxidants for wrinkles.

For sensitive skin, it is best to use moisturizers that are loaded with soothing ingredients like aloe vera and chamomile. These ingredients can help in minimizing possible allergens and irritants.

### **Misconceptions and Truths about Moisturizers**

People have distinct perceptions about moisturizers. Some of them are fully aware of their benefits and ingredients while others have misconceptions about moisturizers. To give you some clues about these products, here are the things you need to know:

**Misconception 1:** All moisturizers are of the same quality.

If you read reviews about moisturizers, you are probably aware that these products vary from one to another. Thus, you have lots of options to choose from. Some of these items contain a blend of emollients, humectants and occlusives.

Depending on your preferred moisturizers, some of them are light while others are heavier. For users with extra-dry skin, they want something that has more mass. Thus, they prefer to use a cream which tends to secure their skin.

**Misconception 2:** Users need different moisturizers for different parts of their body.

This is completely false. Experts claim that most moisturizers can be used in various body parts. If you have cracked or dry hands and feet, it is best to use a special cream for those areas.

**Misconception 3:** Your skin becomes too reliant on moisturizer.

Though you keep on using moisturizers, it doesn't mean that your skin is fully reliant on these products. These moisturizers are only used to treat your skin problems. They can also be used to protect your skin from any possible conditions like eczema.

**Misconception 4:** You may become addicted to lip balm

This is extremely fallacious. If you keep on applying lip balm, it makes your lips drier; you will never become addicted to this product. Lip balm can be very useful, say for instance, during the summer season.

**Misconception 5:** If your moisturizer contains sunscreen, you don't need to use other forms of protection.

Experts claim that there is a glut of cosmetic products that have built-in sunscreen. Don't forget to read the fine print of the product. Make sure that you pick one with an SPF formula to ensure that it is a broad-spectrum sunscreen.

# **Chapter 4:**

## *About Exfoliation*

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### ***Synopsis***

Do you know what exfoliation means? Most people are aware of this skin procedure while others are not. In the case that you have a few questions about exfoliation, you can use the following paragraphs as your reference.

## **Exfoliation Defined**

Exfoliation involves the removal of the dead skin cells on the outermost surface of the skin. It has also been used for various years to maintain healthy and active skin.

Exfoliation is involved in the method of all facials, during chemical peels and microdermabrasion at medical spas. Exfoliation can also be attained through chemical or mechanical means.

According to experts, a human's skin has an inbuilt process of removing dead cells which are replaced by new cells. However, with age, this method slows down and the skin becomes problematic and dull. To bring back a youthful and stunning appearance, exfoliation can be your best option.

If it is done regularly, it will boost your skin renewal process and reduce the bad effects of sun rays, dead cells and dirt on your skin.

## **Types of Exfoliation**

There are three distinct types of exfoliation. If you are not familiar with these types, here they are:

1. ***Manual Exfoliation*** – This is the process of scrubbing and cleaning the skin. For facials, a soft and gentle washcloth is the best thing, or an over the counter exfoliating scrub kit may be your ideal option. Just make sure that you pick a scrub which has finer grains to avoid skin irritation.

Manual exfoliation devices are appropriate for normal skin.

According to experts, skin with acne problems may get irritated if

these tools are used. In addition, manual tools are not ideal for sensitive skin.

2. ***Chemical Exfoliation*** – This type is ideal for acne prone skin. It can also treat skin with sun damages. The normal skin type needs to depend on chemical exfoliation. But, the dry-skin will benefit from this type of process.

This process uses acidic chemicals like beta hydroxyl acids and hydroxyl acids to cure the sun damaged skin, skin with acne and dry skin. The acids remove the useless dead cells and leaves the skin healthier and cleaner.

3. ***Enzyme Exfoliation*** – If you have sensitive skin, you will get the best benefits from enzyme exfoliation. This type does not involve scrubbing as it will worsen the skin.

Experts claim that daily exfoliation is advisable for other body part. But, the frequency of face exfoliation relies on the skin type. Normal skin needs exfoliation twice a week while dry skin needs exfoliation no more than three times a week.

### **How to Exfoliate Your Skin**

Exfoliating your skin is extremely crucial. If you don't know how to exfoliate your skin, this is your chance to learn its do's and don'ts.

## **Do's:**

1. Do use a clean wash cloth to take away dead skin after washing.
2. Do use a full spectrum sunscreen with a rating of 30 SPF or more during the day.
3. Do use a naturally derived alpha hydroxyl acid on the skin at night and in the morning.

## **Don'ts:**

1. Do not wash your skin with an abrasive scrub or cleanser. Scrub-based cleansers usually utilize group up plastic or walnut shells as a topical abrasive. Experts claim that applying an abrasive scrub to the skin will lead in the over-stimulation of the sebaceous glands.
2. Do not scrub your skin with a mechanical scrubber, sponge or loofah. These items abrade the skin and this makes your skin appear red and inflamed.
3. Do not continue to use an exfoliate if you experience unwanted feelings. Common examples of these are peeling, drying, itching and other related sensations.

## **Benefits of Exfoliation**

Exfoliation provides countless benefits. For additional information continue to read:

1. ***Enhances Your Skin's Texture*** – If your skin feels dry, sultry or rough, exfoliating your skin is an excellent option to bring back

its natural look. If you keep on exfoliating your skin, it keeps your skin smooth and improves its over-all appearance.

2. ***Fight the Different Signs of Aging*** – Through exfoliation, your skin can easily fight the different signs of aging. As your age increases, your skin's natural abilities to shed dead skin cells slow down. As a result, wrinkles, fine lines and dry skin appear more visible.
3. ***Help Prevent Breakouts*** – If you have whiteheads, blackheads or breakouts, exfoliating your skin will keep pores unclogged and clean.
4. ***Even Out Skin Tone*** – Through exfoliation, even skin tone can be easily acquired. This process also helps in removing leftover dirt and makeup to reveal new and bright skin.
5. ***Aid Skin Products Penetrate Deeper*** – If you have layers of dead skin, your preferred products might not be able to penetrate your skin. As advised, exfoliate your skin regularly and you will get a chance to get the best results.

After learning these various things about exfoliation, you will surely be tempted to use this solution to change the appearance of your skin.

# Chapter 5:

## *The Importance of Water and Rest*

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### *Synopsis*

Not all people are aware of the connections of water and rest to healthy a skin condition. If you are one of them, you are reading the right book. This chapter explains how water and rest affects your skin condition and their great significance.

## Water and Your Skin

Most people are aware that drinking a lot of water regularly is essential for overall good health because water helps in digestion, absorption, circulation and even excretion. But, what about drinking more glasses of water for proper skin health?

When it comes to skin health, water plays a vital role. Experts claim that drinking a lot of water gives you a healthy, radiant and younger-looking complexion.

If you do not drink enough water the lack of hydration will present itself. As a result, your skin may appear tight or sultry. In addition, dry skin has less flexibility and is more susceptible to wrinkling. Since water is lost in huge quantities each day, you have to do everything to replace it.

The main question is, how do you add water to the skin? The answer is very simple and here are some tips:

- Apply a hydrating moisturizer at least two minutes after leaving the shower or after taking a bath. The skin is still porous and is at risk to products that are applied following the shower. Thus, it allows better absorption.
- Apply skin items containing hyaluronic acid before moisturizer. Hyaluronic acid holds 1000 times its own weight in water. Therefore, it attracts water to the skin and holds it there.
- Drink more glasses of water every day. This can help in getting rid of toxins in your body and skin. With sufficient amounts of water, your skin will appear more radiant and stunning.

How do you know if your skin is properly hydrated? Your skin has enough water if you experience the following signs:

- You do not feel thirsty
- You urinate often
- Your urine will be pale yellow
- You will be more energetic than before

Through knowing the significance of water for your healthy skin condition, you will surely drink more glasses of water every day. Thus, you have a chance to get beautiful and glowing skin.

### **Rest and Your Skin**

It is undeniable that most people don't practice proper sleeping habits. If you are one of them, you will definitely know how it changes your skin condition. Experts claim that poor sleep can lead to high stress hormones in the body. This condition increases the severity of inflammatory skin conditions like psoriasis and acne.

To give you some hints, here are the reasons why you need to practice a healthy sleeping habit:

- ***Improves Your Skin Condition*** - Adequate rest reduces the risks of having acne breakouts, allergic contact dermatitis reactions and irritant allergic contact. Thus, it helps you in making your skin free from severe skin problems.

- ***Reduces Inflammatory Cells in the Body*** – If you get a sufficient amount of rest, you can easily reduce inflammatory cells in your body. This condition causes a decline in the breakdown of hyaluronic acid and collagen, the molecules that provide the skin its bounce, glow and translucency.
- ***Makes You Feel Beautiful*** – While resting, your body's hydration rebalances. Skin can also recover humidity while surplus water in the body is processed for removal. With proper sleep, you can have a perfect water balance and this can greatly help in reducing the risks of having wrinkles, under-eye circles, puffy bags and skin dryness. Thus, you will appear more stunning than ever.
- ***Reduces Your Aging Process*** – While sleeping, the rise in growth hormones allows destructive cells to become repaired. If you keep on sleeping, this will occur and thus, you don't have to worry about the different signs of aging.

With the great benefits of adequate rest, you will surely adjust your schedule. Thus, you are certain that you will get the best skin complexion and appearance possible.

### **Things You Need to Do to Improve Your Night's Rest**

Do you want to have sufficient amounts of rest to boost your healthy skin condition? Then, you have to follow the succeeding tips:

- Avoid eating a great amount of foods too late in the day
- Drink more glasses of water throughout the day

- Keep electronics out of the bedroom
- Sleep under a humid blanket in a dark, cool and quiet room
- Use breathable cotton bed sheets and wash them daily
- Use laundry detergents that don't have strong fragrances

After considering all these tips, you are certain that you can easily sleep at night. It means that you don't have to worry on how to improve your sleeping habits. As a result, it is easy for you to acquire the best skin possible.

# Chapter 6:

## *The Importance of Your Diet for Your Skin*

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### ***Synopsis***

Your skin is one of the most essential parts of your body. It makes you feel great when it is well-moisturized. It also helps in protecting your body from intruding bacteria.

With the great functions your skin offers, you have to do everything to take good care of it. One of the best ways to protect your skin is having a perfect and healthy diet.

## **The Role of Diets for Your Skin**

If you are practicing a healthy diet, you will eventually gain the following benefits:

- Makes your skin healthy
- Helps in reducing the risks of having any skin-related issues
- Enhances your beauty
- Protects your skin from any destructive elements
- Helps in repairing your body tissues
- Easily get the right vitamins needed to protect your skin from the different signs of aging

With the great benefits of having a proper and healthy diet, your skin will appear amazing in no time. If you don't know what to eat, you don't have to worry about. You can ask for help from any dermatologist or expert to get some hints about the different types of foods essential for healthy skin.

### **Top Foods that Can Help in Boosting Your Skin Condition**

When it comes to foods for healthy skin, people are quite confused on what to eat and what they need to avoid. For added knowledge, here are the top foods you should incorporate into your daily meals:

- **Fish** – This is high in Omega-3 fatty acids. It contributes to shiny and healthy skin. Among the different types of fish, you should eat salmon. This has the highest amounts of Omega-3.

- **Berries** – Strawberries, blueberries and other types of berries are all rich in antioxidants. These aid free radicals from detrimental skin cells through oxidative methods. They can also assist in protecting you from getting skin cancer.
- **Green Tea** – Drinking this type of tea day after day will do wonders for your skin. Among the different juice types, it is high in polyphenols, which serve as an anti-inflammatory for the skin.
- **Almonds** - These are full of Vitamin E. Experts claim that almonds can help protect your skin from the different signs of aging. They can also help in moisturizing your skin from within.
- **Mangoes** – These are high in Vitamin A and low in calories. Mangoes can help in repairing your skin and keep it from flaking.
- **Green Leafy Vegetables** – The most common examples of these are kale, spinach and chard. These foods are loaded with Vitamin A, which stimulates the turnover of skin cells. It denotes that your skin renews itself instantly and appears glowing and fresh.
- **Avocados** – These can provide the skin with essential fatty oils and B-complex vitamins. Vitamin B3 soothes skin discoloration. Try slicing some avocado thinly into a salad. Depending on your choice, you can mix avocado with chopped onion, seasoning, tomatoes and chilli peppers.
- **Nuts** – These contain essential fatty acids that contribute to cell health. Experts claim that the healthier your cells are, the better they can protect your skin from destructive waste.

Like other people out there, you probably find it hard to change your daily meals. To solve this issue, the best thing that you can do is to make a dietary plan.

When making a dietary plan, you have to include all the foods for healthy skin in a week. Make sure that you also follow your dietary plan, whatever it takes. Through this, you will be certain that you are consuming the right foods needed to make your skin healthy and glow. If you don't know where to begin, don't worry! There are numerous online resourced and professionals that can provide assistance.

Sometimes, people say that having the best diet requires a lot of money. This perception is extremely erroneous. You can easily change your diet in a fast and affordable way.

Are you excited to have beautiful and glowing skin? Then, make a right move now! Whether you are a teenager, working mom or a businessman, you can easily get what you really want. Just know what you need to do to keep your skin healthy and stunning.

At first, achieving healthy skin may be hard. But, as you go along the process, you will find it easy and rewarding. Through considering all the contents of this eBook, expect that you will be on your way to healthy skin.

What are you waiting for? Do whatever it takes to improve your skin condition and appearance. With this eBook, you don't have to follow any complex steps or spend large amounts of cash. Just focus on your goal, follow the suggested tips and be ready for a great change!