

**11 Habits to  
Make or Break for Soft, Flawless Skin:  
Habits to Break and Habits to Maintain for Dazzling Skin**  
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As you all know, our skin is the obvious appearance of who or what we are, or perhaps would like to be. However, it is more than just a simple mask. It is the largest organ of our body, which is a complex and highly dynamic system that plays a very crucial role to our general well-being. Our skin even sometimes reflects our health as well. It's our body's canvas and one of its most valuable assets.

Knowing how important our skin is, we should do something great for it. Perhaps starting a healthy habit is the most primary move to take as this helps our valued possession from outer and inner sources. Note that it's the only skin we have, so it's worth protecting.

## **Three Habits to Break**

Is your skin as soft and healthy as you'd like? You may be sabotaging it without even knowing. So here are three of the habits that you must break as they wreak havoc on your skin. Note them in order to attain a beautiful and healthy skin.

### **Bad Habit #1: *Shaving Dry***

It is important to note that shaving legs and underarms dry can cause irritation, ingrown hairs and razor burn. So, to nurture the skin, softening it in the shower for about 10 minutes is worth considering. Most experts even recommend this stuff for those who wish to attain good looking skin. After doing it, you must apply a layer of shaving cream and not soap, which will just dull the razor and invite cuts. You must shave in long strokes. And, slather on body lotion post-shower.

### **Bad Habit #2: *Ignoring Incidental Sun Exposure***

It is true that walking from your car or wherever you may be to the office under the sun may not be as damaging as spending hours baking on the beach. However, it is important to note that even just a few minutes of exposure here and there doesn't mean that you won't get wrinkles. It does bring on wrinkles just the same. For that, you should try wearing a daily SPF lotion specially formulated for facial application. Many experts suggest brands of SPF lotion like the Clinique and Neutrogena as they have versions that really work well under makeup.

### **Bad Habit #3: *Avoiding Exfoliation***

It is often said that considering exfoliation of the skin brings out great results. Perhaps this is for the reason that if you just ignore exfoliation, dead skin cells will start to build up on the skin, causing itchiness and rashes, especially on the unpredictable or dry weather. So, it is often recommended that you scrub your skin daily with a puff, a loofah, or a grainy exfoliator to help sweep rough skin away. After scrubbing, apply moisturizer to lock in softness.

## **Nine Habits to Maintain**

Now that you already know about the three bad habits to break, it is now time for you to consider what habits are to maintain in order to covet the best looking skin on earth. The following habits are actually shared by most dermatologists as their best advices for a clear complexion. So, if you want your skin to be on its behavior, you need to change your act now for the better and follow a few rules.

### **Good Habit #1: *Avoid Too Much Cosmeceuticals***

Numerous experts have said that with more and more beauty potions with alpha-hydroxy acids (AHAs), antioxidants, salicylic acids, and retinoids in them, blending a cleanser from one line with a scrub or daytime moisturizer from another, then a night cream from yet another can lead to over-exfoliation as well as irritation. This can no doubt add up to a real dilemma, especially for those women who have olive and darker complexions. This is also possible for women who are more prone to discoloration when their skin is irritated.

So, to play it really safe, it is important that you only stick with one line of products. But, only use the line of products which are formulated to work together. It is often said that if for instance you use any prescription products like the famous Renova, the advice of your dermatologist is highly needed. Ask your specialist regarding on how to mix prescription treatments with the over the counter cosmeceutical products. Just don't overdo beauty products.

### **Good Habit #2: *Consider a Healthy Exercise***

Exercise is great for a beautiful skin. So, considering at least twenty to thirty minutes of any aerobic exercise is worth trying. It will give you a glow, as it is often said. One of the supports for this is the fact that exercise boosts blood flow. It is this increased blood flow which will bring more nutrients to the skin. However, it is important to be aware that the accumulation of sebum or oil through perspiration can result in sweatband acne, folliculitis, as well as spiky heat. But, don't worry; there is a simple solution for this – shower as soon as possible after shaking your booty.

### **Good Habit #3: *Intimate with the Phone? Don't Be!***

Always note that constant rubbing on the mouthpiece may lead to rashes around the chin and mouth. This is what many people have believed, including dermatologists. So, it is important that when talking to somebody on the phone, hold the phone away from those mentioned areas when talking. Also, clean the phone often with a mild soapy solution or perhaps rubbing alcohol.

### **Good Habit #4: *Examine Your Birthday Suit for Spots***

When it comes to skin care, any sudden or suspicious-looking mole, bump or other growth on the skin is a reason to see a dermatologist. Nevertheless, as skin cancer rates skyrocketed, having a full body check up by a professional is very crucial. This is especially true for those us living in the baby-oil-and-iodine, pre-sunscreen generation.

Also, it is said that those who belong in a high risk group, meaning having a personal or family history of skin cancer, a lot of moles, fair skin, or light eyes or hair, should consult a specialist for a regular check up. The regular examination should start in their teens and probably no later than age 35. However, even if you do not belong in a high risk group, it is still recommended that between the ages of 20 and 40, people must have a cancer-related check up. The check up must include skin exam and must be considered

every three to four years. Once you hit your 40s, start undergoing a cancer-related examination with skin exam every year. Aside from that, it is advisable that you do monthly self-exams in order for you to keep an eye out for changes and growths.

#### **Good Habit #5: *Eat Healthy Foods***

Healthy foods refer to those that help your skin and body fight against the bad forces outside and inside. You must consider antioxidants such as vitamin A, C and E as they are highly potent for sun damage and fight certain cancers, including skin cancer. This is actually the reason that makes antioxidants essential to your health. Along with this, a well balanced diet is highly recommended. This means making yourself comfortable with a diet filled with at least five servings a day of fruits and vegetables, plus a multivitamin that meets the RDA standards.

#### **Good Habit #6: *Avoid Wearing Your Makeup to Bed at Night***

I guess, all of you know this rule, but just sometimes do it anyway. Well, it is necessary to note that layers of foundation, powder and even blusher left on overnight can cause the skin pores to clog and lead to acne or folliculitis. Knowing this warning, you must then take it all off before bed. You can do this by way of using a mild non-soap cleanser. However, remember not to waste bucks on a cleanser with glycolic acid or AHAs. As often said, it's not on your face long enough to absorb into the skin. The mentioned ingredients are more effective in moisturizer than in cleanser.

#### **Good Habit #7: *Hands off Those Zits***

We all get zits. That's the truth. But, it doesn't mean that we will just let those zits ruin our lives. We must do something to prevent them from forming, and we must do it by simply not to poke, prod, pop, or squeeze them. These actions can just prolong a zit's life and make the problem worse. They may even lead to scarring as well as spread of infection. So, to speed up healing, never squeeze or poke them. Simply cleanse your face, and then apply a warm compress, like a clean and damp wash cloth. Then, dab your face on an over the counter cream or lotion containing a drying agent like the salicylic acid, benzoyl peroxide or sulfur.

#### **Good Habit #8: *Rest and Get Enough Sleep***

Many of us don't get enough sleep and are stressed. Actually, there haven't been any conclusive studies on how being tired affects the condition of the skin. But, the effects are not generally hard to detect. One of the most common effects is under-eye circles. So, to avoid whatever unfavorable effects there may be, you must budget in sleep time. This may include a short afternoon nap whenever you can manage it. However, don't sleep in the same position for years on end as this can lead to wrinkles. Perhaps the best way to consider is looking for a special pillow that helps prevent sleep creases on your face.

### **Good Habit #9: Drink Plenty of Water**

The bottom line here is to adopt plenty of water everyday as your mantra. You should know that drinking water does keep you hydrated. This even helps your skin to look and feel better. So, get in the standard of 6 to 8 eight-ounce glasses throughout the day. You can drink more if you are a heavy exerciser. And, if you are into low-cal liquids, drink more water to avoid dehydration. Note that most of the new sugar substitutes today are dehydrating.

As presented there are a lot of habits that we oftentimes ignore, thinking that they don't play a significant role in our lives. But, the truth is, everything we do has a corresponding meaning and role that needs to be revealed and considered. If your main goal is attaining beautiful skin and general well-being, then a healthy lifestyle is worth maintaining. Note that our daily habits mean everything.

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