

5 Famous Tips to Keep Your Skin Young, Healthy, and Radiant

“Shine bright like a diamond” – Quite definitely, Rihanna wasn’t talking about her skin here! Oily skin is a condition many individuals like me are weighed down by. From pimples to blackheads, oily skin can be the sole cause of many skin irritants. A lot of my friends, who are blessed with good skin, wonder why I have such an elaborate skin care regime. Little do they realize my plight! Over many years that I have struggled to overcome this problem, I have tried numerous products and quick fixes. It is important to know that oil is good for your skin; the key is to create the right balance.

Here are few elixirs that have helped maintain my skin’s optimal oil content.

Cleansing

As a ground rule, those with oily skin must cleanse their face two times a day using a gentle, fragrance-free, pH balanced cleanser. Because oily skin is so prone to attracting dirt, (resulting in clogged pores and acne), this step is particularly crucial. Ensure the cleanser you use is mild and doesn’t deprive your skin of required oils and moisture. Splash your face with warm or cold water, never hot!

Here’s what I also use to cleanse my face:

Gram Flour, Milk, and Turmeric Paste

This therapeutic paste is extremely mild. The antibacterial properties of turmeric control the breakout of acne and pimples. It also helps regulate the production of sebum. Milk

gently moisturizes and nourishes the skin, while gram flour removes the buildup of excess oil and grime.

You Will Need:

- 2 tablespoons of gram flour
- 1 teaspoon of turmeric powder
- 3/4 cup of milk

Directions:

Mix all the contents in a cup until the paste becomes smooth. Apply the paste evenly across your face and leave on for 5 minutes. Cleanse your face with lukewarm or cold water.

Exfoliating

One of the most important and possibly the most ignored steps of a skin-care regimen for oily skin is exfoliation.

Exfoliation helps remove dirt buildup and clears dry and dead skin cells on the surface, making skin less oily.

Here's one you should try at home:

Sugar, Baking Soda, and Honey Scrub

These kitchen essentials can also work as great exfoliating agents. Sugar helps remove dead skin without hurting or irritating the skin. The antimicrobial and antibacterial properties of honey are effective in keeping acne at bay. Baking soda helps to dry out existing acne and reduces the visibility of acne scars.

You Will Need:

- 1 teaspoon of sugar
- 1 teaspoon of baking soda
- 1/4 cup of water
- 1 teaspoon of honey

Directions:

Combine sugar and baking soda in a bowl and add water. Stir the mixture and add honey. Mix all the ingredients well and apply the scrub on your face. Wash after 2 minutes with cold water.

Toning

Another essential step in oily skin care is toning as it removes excess oils, unclogs pores, and clears dirt and dead skin cells that may stay on even after cleansing. A good toner also helps the skin absorb other skincare applications, better. Let the freshness soak in with this invigorating toner:

Peppermint Toner

The cooling properties of menthol in peppermint reduce acne inflammation and the secretion of excess oil from sebaceous glands.

You Will Need:

- 1 cup of peppermint leaves
- Water

Directions:

Boil the peppermint leaves in water and let it cool down for 30 minutes. Strain the liquid and dab the natural toner on your problem areas with a cotton pad.

Sun Protection and Moisturizing

It's a myth that moisturizers make oily skin oilier. On the contrary, they help restore the moisture your skin loses while cleansing and toning. If you are worried that moisturizing

will give your face the much dreadful shine, opt for a light, oil-free variant.

Here's a light and effective moisturizer recipe you should try:

Aloe-Grapeseed Moisturizer

When you already have an oil factory on your face, you may be averse to adding to the sheen. Grapeseed oil however, can help regulate the production of your skin's natural oils and retain essential moisture. It is also rich in antioxidants and vitamin C that keep the skin glowing! Aloe vera gel helps unclog pores and removes dead skin cells.

You Will Need:

- 3 tablespoons aloe vera gel
- 1 tablespoon grapeseed oil

Directions:

Mix the ingredients well in a bowl. You can apply the moisturizer on your face as well as your body. Store it in a clean container for future use.

Hydration

Drinking 8-10 glasses of water in a day helps flush out toxins and keeps your skin well hydrated. During hot weather, the body requires higher fluid intake. Drinking plenty water can lower the amount of sebum secreted by the glands and reduce the oil your skin produces. If plain water is too mainstream for your liking, add some flavor with lemon, mint, or delicious berries.

There are plenty factors that play a role in oily skin – genetics, weather conditions, erratic lifestyles, or the use of products that don't suit you. If you are worried about the

impact make-up and beauty products can have on your skin, switch to water-based, oil-free and skin friendly alternatives. Consume a healthy diet and include high amounts of fiber and leafy greens in your meals. Stay miles away from fried and processed foods. It is imperative to follow a proper skin care procedure and use only products that are right for you. What works on a combination skin may not necessarily work for oily skin; you wouldn't want to take chances that result in an eruption of acne, would you?

Further Reading:

- *Healthy Skin*
- *Get Naturally Gorgeous Skin with These 4 Home Remedies*
- *Natural Remedies for Acne*

Sources:

- *Use Mild Cleansers To Not Deprive Your Skins Of Essential Oils And Moisture – Medline Plus*
- *Simple Home Remedies To Get Rid Of Oily Skin – StyleCraze*
- *Fight Oily Skin Now – Medline Plus*