

## Oily Skin

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- Alpha-hydroxy acids can be beneficial in facial care when used properly. They enhance cell renewal, keep skin hydrated, and help remove some of the oil. They also help get rid of the dead top layer of skin, resulting in a younger appearance and smaller pores. Glycolic acid is recommended. Should you choose to use products with alpha-hydroxy acids, start with a product is only 5 percent alpha-hydroxy acid. Only use it at night for the first two weeks. Then you can begin using it both at night and in the morning.

- Astringents with acetone are most effective.
- Avoid smoking as it can make pores larger and hurt the look of your skin overall.
- Benzoyl peroxide products are helpful for those with oily skin.
- Clean skin is important. Wash face with pure soap with no artificial additives. Avoid using washcloths and harsh scrubs. Hands or sterile gauze pads work well. Two or three washes a day is sufficient. More frequent washing can actually contribute to production of more oil.

Oil-free moisturizer is recommended as needed.

- Combination skin should be treated as such - oily as oily, dry as dry.
- Cosmetics and skin care items should be made for oily skin.
- Drinking water will help detoxify the body and maintain hydration in skin.
- Facial powder with talcum powder is recommended as it contains no oil and helps absorb any oil on your skin.

- Lemon juice mixed with an equal part of water can be beneficial to your face. Apply to face, let it dry, and rinse it off with warm water. Rinse again with cool water.

- Limit fat intake. Oils that have been heated, fried foods, heat-processed vegetable oil, and fast food should be avoided. Olive oil or canola oil are acceptable in cold form.

- Mud masks and clay masks are beneficial. People with sensitive skin should try white or rose-colored clay masks. Clay masks can be made by mixing 1 teaspoon of green clay powder with 1 teaspoon of raw honey. Masks should be left on the face for about 15 minutes. It is helpful to do this several times a week.

- Stay away from junk food, soft drinks, alcohol, and sugar.

- Wash face in hot water, not lukewarm or cold.

- Washing your face with a loofah sponge two or three times weekly will help enhance circulation and get rid of impurities and dead skin. Loofah should not be used on sores or near eyes.