

Cleansing:

A good cleansing routine is essential for removing make up and dirt, which can block your pores and can lead to an outbreak in spots. Cleansing should be done twice daily – morning and evening.

Cleansing too frequently can strip the skin of its natural oils, which will make those with dry skin have even drier skin. It will also make those with oily skin have even oilier skin, as the glands will become more active to replace it.

The most important factor is before starting to cleanse, you should wash your hands thoroughly to remove any dirt or grease that might have built up. Then using a gentle cleanser, clean your skin using circular motions. It helps in improving blood circulation and removes the left over dirt and make up from the skin, making it clean and glowing. Massage the cleansing gel/foam into the skin, particularly concentrating on the corners of the mouth, the creases near the nose, the chin, and around the neck. Once the gel/foam has been massaged in thoroughly wash away with water and wipe your face with a soft cotton towel.

Toning:

What a toner basically does is that it removes any residue left behind by your cleanser and it also tightens the pores, helps in evening out the skin tone and cools and calms down the face and freshens it up.

Toning will help keep your skin clear and firm by leave you with a layer of new healthy skin cells. Choose the toner that is best suited to your specific skin type and problem area. Avoid those toners that have alcohol as one of their main ingredients. This is because alcohol destroys the collagen present under the surface of the skin. Using cotton pads, apply toner around your nose and chin, across your cheeks and across your forehead. Using toner before bedtime helps your skin to feel fresh and free.

Moisturising:

Our skin repairs itself at night, when you give it some rest. By using a good moisturizer cream, you help your skin to repair itself faster and regain its elasticity and glow again. Dry skinned beauties should always use best moisturizer made up for their skin type whereas those with combination and oily skin should use a good water based moisturiser. If you have normal skin, then you can use either a heavy moisturiser or water based one. As dry skin is one of the main cause of wrinkles it is very necessary for all skin type beauties to moisturise your face while going to bed. Apply face moisturizer lightly to your face using your finger tips. Start by rubbing the cream into your forehead, working outwards from the centre. Gently apply the cream around the eyes, making sure you don't get it to close to them. Massage the moisturizer into your cheeks and around your jaw line, around your chin, mouth and nose, then around your throat and your neck.

Moisturizing reduces the chances of skin problems.

Moisturizing can reduce the appearance of other blemishes.

Moisturizing helps your skin stay young.

Moisturizing fights wrinkles.

It is the perfect end to a hot shower.