

Natural fixes for the skin

THE STRAITS TIMES 18/09/18 ms. 7

WHEN you have bad habits like sleeping late, eating unhealthily and not exercising regularly, it'll be a matter of time before the ugly "evidence" shows up on your face.

Beauty salons offer a variety of treatments to detoxify and revitalise skin, but you could also use natural and more consistent methods of salvaging and maintaining your looks:

Dark circles under the eyes

Quick fix: Gently press a cold metal spoon against the area around the eyes for at least 60 seconds and/or apply a moisturising concealer to cover up the dark circles.

Proper treatment: Get plenty of sleep and drink lots of water. Use eye creams with lightening botanical ingredients and capillary strengtheners like vitamin K.

Alternatively, use natural remedies like almond, cucumber juice,

lemon and tomato. Almond oil is an excellent natural emollient with moisturising properties that help soften the skin. Carefully rub a little into the skin around your eyes every morning and night.

Cucumber is a well-known quick fix for tired eyes because of its astringent properties.

Extract the juice from a cucumber and cool it in the refrigerator for about an hour.

After blending a little lemon juice into it, use cotton pads to soak up the solution and place them on your eyes for 15 minutes.

Wash thoroughly afterwards and moisturise the area around the eyes with a little almond oil.

Dull skin

Quick fix: Use beauty products with natural ingredients that are rich in vitamins, minerals and proteins to help retard the damaging effects of free radicals and nourish skin.

Proper treatment: Nourish your skin from within by adhering to a healthy diet. To maintain the glow in your complexion, use a creamy cleanser, rather than one with a foaming formula, and apply a hydrating mask twice or thrice weekly.

Exfoliate the skin regularly to remove dead cells and follow up with a hydrating lotion.

Skin breakouts

Quick fix: Hide pimples under a waterproof concealer: using a concealer brush, dab a little concealer on the back of your hand to warm it up to skin temperature before applying onto the pimple and blending it into the surrounding area.

Proper treatment: A healthy diet and good personal hygiene practices are ways to reduce skin inflammation problems.

If the problem is serious, consult a dermatologist. — The Straits Times / Asia News Network