



Photo courtesy: sxchu

Become blemish free

SPRING CLEAN YOUR SKIN

Your skin changes with the seasons, which is why it is important to take extra care. During Spring your skin will initially be sensitive due to the cold and wind extremes, so up your sun protection to ensure a perfect, rejuvenated look. Cleaning and caring for your skin is one of the most cardinal rules to prevent your pores from getting blocked, and prevent pimples from exposing themselves at the most inconvenient times.

HERE'S HOW

FIND A SKIN CARE REGIME THAT WORKS FOR YOU AND STICK TO IT

Your skin needs to be cleaned twice a day (morning and evening). But avoid soap, and use a good cleanser instead, followed by a toner and moisturizer. Only cleanse once a day if you have dry skin. Soap-based products often contain the additive sodium laureth sulfate (a foaming agent), which research has found to be harsh on skin. This product however is also present in many non-soap cleaners for personal hygiene (shampoos, bathfoams, etc.)

STOP SQUEEZING!

So many of us share this little secret – stop squeezing, scratching and picking at your face. It is definitely a beauty no-no (even for men!) and all of us must find a way to break this habit.

EASY EXFOLIATION

A gentle exfoliating regime should be done once a week. Do not attempt to scrub your face every day, especially when you have sensitive skin. Exfoliation has more benefits than you might know. Besides leaving your skin softer and smoother, the friction also boosts your circulation and helps unclog pores. If you have an area that is especially prone to blackheads, be sure to spend extra time gently exfoliating that area. Remember too, that sensitive, thin skins require an exfoliator with finer granules.

NATURAL SOLUTIONS

SENSITIVE SKINS

Cleanse: Mash 1 Papaya, smooth over face and gently massage. Wash out and pat dry.

Exfoliate: Add 3 – 4 tablespoons of oatmeal to the juice of a grapefruit. Make a thick paste and massage into skin. Leave for 15 minutes, remove with warm water and pat dry.

DRY SKINS

Cleanse: Mash 1 banana, papaya, avocado and peach. Smooth over skin. Leave for 15 minutes and rinse with warm water.

Exfoliate: Combine one avocado with some sea salt. Smooth over skin and massage gently. Rinse with warm water and pat dry.

AGEING SKIN

Blemishes and age spots may become lighter by rubbing lemon juice on your face. Smooth the core of a pineapple onto your face for a few minutes. Rinse with warm water. Use this method for fine wrinkles. For better results use Vital Vitamin E 100iu capsules followed by Vital Botanicals high quality skin care creams and put Spring back into your skin.

ENCOURAGE YOUR MAN TO CLEANSE

Men actually have thicker skin than women, which is why they don't wrinkle as quickly as women do. But that does not let men do the "skin-care" hook. Everyone is prone to blemishing, and men still need to follow a consistent skin care program.

Smooth, blackhead-free skin is important to all men. So is smooth, moisturized skin. After all, what woman really wants to touch dry, scaling "alligator" skin?

PREVENTION IS BETTER THAN CURE

Vital Botanicals have a range of skin care creams, specially formulated to assist in your skin care Routine.

DEEPLY MOISTURIZING CREAM

Vital Botanicals Deeply Moisturizing Cream is created to transform dry, rough skin into supple, soft skin. This cream is ideal for skin that is of urgent need of replenishment, especially during the change of season.

VITAMIN E CREAM

Vital Botanicals Vitamin E cream is formulated with high potency Vitamins E, as well as Vitamin A to help boost skin regeneration. This cream will leave your skin smooth and soft to the touch, while reducing the visibility of stretch marks and scarring.



Vital Age Delaying Cream

Vital vitamin E Cream

AGE DELAYING CREAM

You are never too young to use this cream. In fact, it is believed that any person from the age of 20 should start using anti-wrinkle creams. Vital Botanicals Age Delaying Cream is formulated with Rooibos extract as well as Macadamia Oil. This cream is revered for its ability to revitalize skin and delay the effects of ageing. It nourishes and revives tired skin, encouraging it to resume a youthful glow.

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