

Common skin care myths

1. Scrubbing your face with soap will keep your skin healthy and fresh: This is not at all true. Scrubbing your face with soap damages your skin rather than cleaning it. By scrubbing, you actually rob your skin of protective oils and barriers which may lead to rashes and dry patches. Always gently clean your face with a mild cleanser followed by a moisturizer or sunscreen.
2. You don't need sunscreen on a cloudy day: Even on a cloudy day, UV radiation from the sun reaches the earth's surface. So you should apply sunscreen everyday regardless of the weather. Do not forget to reapply every 2 hours when going outdoors.
3. The higher the SPF in sunscreen, the better the protection: The SPF on a sunscreen stands for "Sun protection factor" and refers to the amount of protection it offers from UVB rays of sunlight. There are 3 kinds of UV rays- UVA, UVB and UVC. UVA rays cause tanning of your skin. UVB rays cause sunburn, photo aging, pigment changes and skin cancer. UVC rays are absorbed by atmosphere.

So, for complete sun protection, choose a broad spectrum sunscreen with at least SPF 15 or more and which gives protection from both UVA as well as UVB rays.

4. The sun is not so strong in the winter; therefore, sunscreens are not necessary: UVB rays (that causes sunburn) of sunlight are not as strong in the winter months, therefore you are safe from getting a sunburn in winters. However, UVA rays (that causes tanning and aging spots) are of the same strength all year round. So, daily protection with a sunscreen is a must.
5. Oily skin does not need any moisturizer: Of course oily skin does not need heavy and greasy oil-based moisturizers because there is already enough oil on the skin. But you do need a light water-based moisturizer to keep the skin cells healthy and prevent dead skin cell build up.
6. Pigmentation comes only from sun exposure: Skin pigmentation and brown spots comes not only from sun exposure but also from hormonal changes. Pregnancy, menopause, birth control pills cause changes in hormones of your body which may lead to dark spots or pigmentation on the skin.
7. Blackheads relate to cleanliness and can be washed away: Blackheads are formed when skin pores are blocked. This happens when dead skin cells hamper the oil secretion from skin pores and create a clog. This clog gradually turns black. Black heads may make the skin look dirty but they are not related to dirt.
8. Your skin will age just like your mom's: It is true that Genetics do play a role in how your skin looks but banking on aging like your mom is a big mistake. Your habits and how you take care of your skin make more of a difference than genetics. The biggest culprits of aging are sun exposure, smoking, drinking, stress and lack of exercise and proper nutrition.



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