

Skin-care tips

Good skin care and healthy lifestyle choices can help delay the natural aging process and prevent various skin problems. Get started with these useful tips-

1. Sun –protection: The best way to care for your skin is to protect it from sunlight. Sun-exposure causes pigmentation, wrinkles, and spots as well as increases risk of skin cancer. For complete sun-protection:

- Use sunscreen- of SPF 15 or more. Apply it half an hour before going outdoors and reapply every 2 hours or more often if swimming or sweating.
- Stay in shade- Avoid the sun between 10 a.m. and 4 p.m., when the sun rays are strongest.
- Protective clothing- Cover your skin with cotton long sleeved shirts, full pants, scarf and hats.



2. Gentle care:

Good skin care starts right from your daily routine

- **Avoid hot water:** Using hot water during bath removes natural oils from your skin. Use warm rather than hot water.
- **Avoid harsh soaps:** Strong soaps can strip oil from your skin and make it dry and flaky. Instead, choose mild cleansers.
- **Pat dry:** Never scrub your skin with towel after bathing. You should only pat dry gently with a soft towel so that some moisture remains on the skin.
- **Moisturize:** Always use a moisturizer that fits your skin type.
- **Night care:** Remove all makeup, wash your face and apply moisturizer before you go to bed.

3. Healthy Diet:

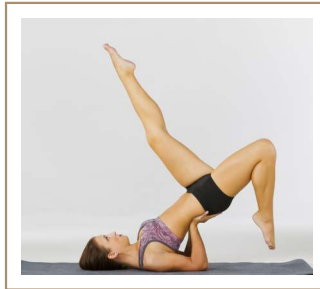
- A healthy diet can help you look and feel your best. Eat plenty of fruits and vegetables, whole grains and lean proteins. Keep your skin hydrated by drinking water regularly.



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4. Supplement your diet:

- BIONA helps you from the inside out – giving you glowing skin, luscious hair and delectable nails, which contribute to you looking great and feeling fabulous!



5. Exercise:

- Exercise is one of the best ways to nourish and revitalize tired skin cells. Before you invest in another treatment mask, try taking a brisk walk or jog. By getting your heart pumping and increasing circulation your skin receives a delicious dose of oxygenated blood that boosts detoxification and cell renewal.

6. Sleep

- Sleep allows the skin to restore its natural balance and increases the effectiveness of certain skin care ingredients, potentially providing more benefit to your skin. When you don't get enough sleep, your skin will show it. Eyes look dark and puffy after even a single night of poor sleep, but chronic sleep deprivation is particularly damaging. It leads to a dull, dehydrated complexion and can wreak havoc on skin prone to acne.



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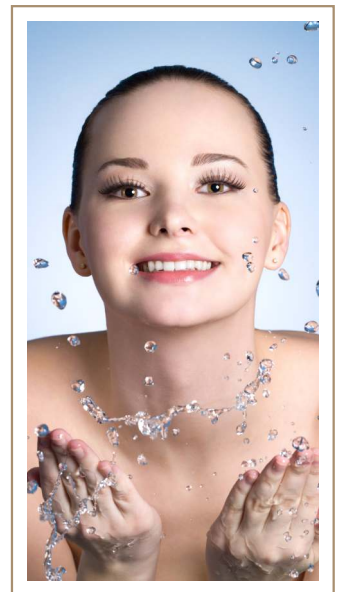
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