

# The healthy-skin life

Skin care routines have to vary according to weather, but the main concern or intention of maintaining healthy skin is a constant. It also remains true that a nutritious diet and adequate intake of water is essential to skin health and preventing acne breakouts. However, some minor lifestyle alterations could go a long way in ensuring good skin as well, which are applicable any time of the year.

## GREEN TEA

Green tea might be an acquired taste, but it can work wonders for the skin. Other than keeping it hydrated, the antioxidants in green tea help protect skin from ultraviolet rays and also rejuvenate dying skin cells. By protecting and repairing cells,



the antioxidants combat signs of ageing and make can make skin healthier and more youthful.

Furthermore, the anti-inflammatory properties of green tea can contribute to the reduction of skin irritation, redness, and swelling. Given all these benefits, one might consider substituting their morning coffee or evening tea with a cup of green tea.

## STRESS CHECK

In today's society, stress is inevitable. It



takes a toll on almost every part of the body and mind, and the skin is no exception. Stress can induce oil production, and as a result, more dust and bacteria accumulate on the skin, making it more prone to acne breakouts. To keep stress in check, one should indulge in relaxing activities and learn some stress-management techniques such as, meditation and yoga.

## WATER-BASED HAIR PRODUCTS

The components in one's shampoo or conditioner do not only affect hair but also the skin, especially the forehead. Some products contain oil and waxes, which

may contribute to clogging up pores and consequently, acne. It might be wise to consider products with a water-based formula and avoid those containing mineral oils or beeswax, given individual skin types.

## BE GENTLE

Daily skin cleansing can sometimes become problematic. Oil in the skin is often considered a nuisance, but to a certain extent, it is necessary to keep skin naturally moisturised. Using hot water for face washing or prolonged baths remove natural facial oils and dry out the skin. It is better to use warm water to open up the pores and allow for a proper, tender cleaning rather than an aggressive and hot scrubbing.

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