



TIPS

Combating oily skin

It is important to know your skin type as the regimen you are to follow for healthy, glowing skin will vary depending on the nature of your skin. Oily skin is prone to pimples, blackheads, and whiteheads. It also tends to be coarser in texture than other skin types as well.

If you have oily skin, it is important to wash your face twice a day with a gentle non-foaming cleanser and warm water, and then rinse with tepid water. Using oil blotting sheets throughout the day can also help to control shine.

Oily skin too needs to be moisturised to stop it from becoming dry underneath. This

can cause the skin to overcompensate by producing more oil. Using oil as a pre-cleanser to a foam cleanse can also help, as oily skin can be your skin's way of protecting itself against being stripped of its natural oils by harsh cleansers.

Women are also prone to oily skin during pregnancy, menstrual cycles, because of stress, genetic causes, and dietary choices. Oily skin attracts dirt which leads to skin problems and can be difficult to manage.

Here are a few home remedies that will help manage oily skin - egg whites are high in vitamin A, it can effectively dry out blemishes and tighten up oily skin. Whip one

egg white and spread it on your face. Allow it to dry then wash it off with warm water. Do this twice a week.

You can also add half lemon juice and mix it well. Apply the mixture on your face for 15 minutes. This will tighten your skin and soak the oil. Lemon juice is a good source of citric acid that works like an astringent.

Mix 1 teaspoon of fresh lemon juice with distilled water, apply it on your face with a cotton ball. Leave it for 10 minutes, do this once daily to remove excess oil and restore the skin's pH balance.

Mix one tablespoon of lemon juice with one-half tablespoon of honey and one

tablespoon of milk. Apply the paste and leave it for 15 minutes and wash off with cold water. Do it once daily.

Even tomatoes can do wonders. Cut a tomato in half and rub it on your skin for 15 minutes, rinse with cold water. You can also make face masks by combining 2 tablespoons of tomato juice with one tablespoon of honey.

With a little care, oily skin can be kept at bay. Through cleansing properly and following the above tips, keep your skin free from the unwanted shine.

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