

Patchwork skin

Dryness is quite a common skin condition. However, when our facial skin starts flaking, it can be rather embarrassing and has us running for our foundations and concealers, which only make matters worse!

WATCH OUT FOR HARSH INGREDIENTS

Many facial soaps and cleansers may be too harsh for sensitive, facial skin. Test this out by seeing if your skin feels tight and dry after you wash it. If it does, you could be using the wrong product for your face! Generally, stick to gentle fragrance-free cleansers and

causing further dryness and irritation. So, remember to dry your face with a clean, soft cloth and in a patting motion.

TAKE SHORTER SHOWERS

After a hectic day, a long hot shower may seem like the best idea in the world, but it may not be so great for your facial skin. Long showers, especially paired with harsh cleansers, strip the face of its natural oils making it look and feel dry. Substitute hot showers with lukewarm ones. Use a mild and moisturising cleanser and always remember to moisturise after showering.

ing more oils overtime. For oily skin, a non-comedogenic (blackhead preventing) and lightweight moisturiser is the best bet to keep your skin hydrated, refreshed and not greasy.

PROTECT

Protect your skin by locking in moisture using petroleum jelly. This works by forming a barrier on the surface of the skin, sealing in that moisture and protecting your precious skin from some of the most common factors, which cause skin dryness such as cold weather, high winds, or the harsh summer sun. Applying Vaseline petro-



avoid harsh anti-bacterial soaps which dry out skin further.

DRY THOROUGHLY!

This may seem a little counterintuitive as you may think that leaving your face damp will help increase moisture. However, once the water evaporates it will take moisture with it leaving the skin dryer than before! So, dry thoroughly and moisturise religiously after cleansing.

It is also important to keep in mind that rough towels can damage skin,

CHOOSE THE RIGHT MOISTURISER

With such a vast variety of face creams and moisturisers available, it is difficult to decide which one will be best for you. For dry and flaky skin, petroleum jelly-based moisturisers help to lock in moisture and thus relieve dryness. If you have oily skin, do not think that you can skip out on moisturiser!

Even an oily T-zone needs to be moisturised. If you do not moisturise, your skin will compensate by produc-

ing more oils overtime. For oily skin, a non-comedogenic (blackhead preventing) and lightweight moisturiser is the best bet to keep your skin hydrated, refreshed and not greasy.

So, throw out those harsh soaps and find treatments that target moisture loss to achieve the soft and healthy skin of your dreams.

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Wardrobe: Spark Gear

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