

BEAUTY TIPS

Balanced diet, exercise and skincare

Our skin is the largest organ of the human body. Taking good care of our skin is just as important as getting proper nutrition, or exercising regularly. On a functional level, healthy skin refers to adequately hydrated skin, which protects itself from dryness or damage, feels soft and comfortable and looks gorgeous. Healthy skin also provides a number of benefits to our internal health, which is often forgotten or overlooked. These upsides of maintaining skin health are outlined below.

SKIN IS YOUR BODY'S BASIC DEFENSE MECHANISM

Human skin accounts for approximately 16% of total body weight. Its most important tasks are to retain your body's moisture and prevent any harmful substance from entering your body through the surface. The stratum corneum, which is the outermost layer of your skin, is about 40 micrometres thick, equivalent to the thickness of a strand of fine human hair. This layer contains skin cells which protect you from harmful microbes and bacteria.

The stratum corneum is exceedingly prone to becoming dry. Dryness can weaken the skin cells in this layer and leave your skin vulnerable to environmental damage. Hence, it is imperative that you look after your skin and always keep it hydrated.

SKIN HEALTH IS VISIBLE

Your skin is reflective of its inner health. If your skin cells are tight and dehydrated, the surface of your skin will cause irritation and look rough. In extreme cases, unhealthy skin can even turn flaky and begin to show visible cracks on the surface. Thus, you should be extra careful with your skin's maintenance to sustain a healthy appearance.

YOUR SKIN PROTECTS YOU THROUGHOUT YOUR LIFE

The outermost layer of your skin is constantly undergoing renewal. Humans shed dead skin cells and develop new ones as they grow older. Your stratum corneum today is not the same as it was years or even months ago. However, even though your skin changes recurrently, it is always there to protect you from harm throughout the entirety of your life.

Looking after your skin is of great importance in maintaining overall health. And, the best way to do that is by applying a healing moisturiser regularly. Care for your skin as you do for a balanced diet or a good night's sleep, and you will highly appreciate the rewards it brings for you.

By Aporajita Mustafa
Photo: Sazzad Ibne Sayed
Model: Moushum
Wardrobe: Personal
Make-up: Farzana Shakil



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গোসলের সময় আপনার ত্বকে দিন দুধের পুষ্টি। কারণ মেরিল মিল্ক সোপ বার-এ আছে পিএইচ ব্যালেন্সড মিল্ক ময়েস্চার, যা ত্বক রাখবে সুস্থ আর আপনি পাবেন ফ্রেশ এন্ড ইয়াংগার লুকিং স্কিন!

