

Secrets to radiant skin: 5 must-follow steps

We understand that life can be hectic and that sometimes, care for your skin gets overlooked. To look fabulous, you do not need a 10-step skincare routine straight from Seoul. Let's break it down into 5 simple steps for glowing skin.



Choosing the best facewash

Raise your hand if you have ever grabbed the nearest facewash without thinking! It is time to put a stop to that. Your facewash should be suitable for your skin type. Do you have acne? Search for salicylic acid. If your skin is dry, look for creamy facewashes or those containing goat milk essence. Do not take chances. Instead, seek advice from a dermatologist.

Hydration with water-based moisturiser

After you have given your face a clearer

canvas, apply a water-based moisturiser to your skin.

It is like a quick gulp of water! It absorbs quickly, leaving your skin plump and not patchy.

Say goodbye to breakouts and that sticky sensation, particularly in humid weather.

Relax with ice magic

When you get home from a long day at work or a tiring grocery run, what should you do? Take out an ice roller or some frozen ice cubes! Roll them over your skin to relieve stress and reduce

sunburn. Your pores will shrink, your blood flow will improve, and your face will feel refreshed. Add a splash of aloe vera or lemon juice for skin benefits.

Sunscreen: Your skin's lifeline

Do not skip the effectiveness of sunscreen. By skipping it, you expose your skin to the sun's damaging rays, which will cause dullness and damage. Apply sunscreen with a minimum SPF of 50++ throughout the day to warm up your skin.

Consistency is the key

Here is to flawless skin and reliability! Make these steps a regular part of your day and you will receive a healthy glow from your skin that will draw attention wherever you go.

By Tahmina Khatun Fahima

Photo: LS Archive/Sazzad Ibne Sayed



Sunscreen: A Skin Care Essential



We often underestimate the detrimental

effects of the ultraviolet rays of the sun. These rays, while invisible, are responsible for a variety of skin concerns. From dreaded sunburns to persistent sunspots, our skin faces the relentless assault of these rays. This is where sunscreen emerges as the paramount defender in protecting our skin against these harmful ultraviolet rays as well as preventing sunburns.

Our skin experiences direct exposure to these ultraviolet rays daily.

These rays are divided into two categories: UVA and UVB. UVA rays penetrate deep into the skin and reduce collagen production, causing the skin to sag, lines to appear, and wrinkles to form. UVB inflicts its own set of problems, primarily dark spots or pigmentation on the skin.

Both the Canadian Dermatology Association and the American Academy of Dermatology recommend the use of sunscreen to reduce the likelihood of skin cancer and to protect against sun exposure. Both UVA and UVB rays from the sun are extremely harmful to the skin. Therefore, while purchasing sunscreen, it's essential to consider how well it can protect the skin from both UVA and UVB rays. Seek out products with labels like PA+, PA++, PA+++ to determine the level of protection the sunscreen provides for the skin.

SPF stands for Sun Protection Factor. Without sunscreen, the skin can burn in just 20 minutes of sun exposure. Moreover, the level of UV exposure a person can endure varies individually. Lighter skin tones absorb a higher amount of UV light compared to darker skin tones, making them more prone to sunburns. This difference is attributed to melanin, a pigment found in the outer skin layer that acts as a shield against UV rays. Skin with a higher melanin concentration results in a darker

complexion, offering superior protection against sun exposure.

As a proactive measure, it's advisable to apply sunscreen at least 20 minutes before going out, regardless of the skin type, as approximately 80% of the sun's harmful rays can penetrate through clouds, even on cloudy or rainy days. If at home, using sunscreen with lower SPF is fine, but when going outside, choose a sunscreen with higher SPF. However, no sunscreen can provide absolute protection, so it's good practice to reapply sunscreen every 2 hours.

In a new era of sun care, the American brand Siodil is soon introducing SPF 30 cream, SPF 30 gel cream, D-Pigment SPF 100 sunscreen, and D-Pigment cream. These transformative products offer you liberation from hyperpigmentation and the damaging effects of the sun. These skin care essentials can be accessed at your nearest pharmacy and Herlan Store. In this journey towards embracing your skin's natural glow, let Siodil be the steadfast guardian of your skin.