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Again

THE
PROPER
SKINCARE
ROUTINE



Why Skincare Is So Important And How It Can Change Your Life

We are all desperate to find that one beauty secret or that little known health tip that made the difference in the way we look and feel. That next new miracle cream or workout craze that will transform our bodies forever and leave us transformed and take years off our face and bodies.

This has been one of our pursuits at **Nutra Relief** and with our natural **21 Again Skincare Line** and we have some very good news. The basic building blocks of healthier skin and beauty are found beneath the skin. Without the proper nutritional and skincare components that nourish and form new skin cells, we are just prolonging the aging process from oxidative stress and not building the foundation of new cells that are responsible for the reproduction of the natural collagen and elasticity that is the main cause of aging skin and health in general.

It's not going to be one pill, extreme diet or over the counter product that will transform you or make you look younger but a combination of natural skincare strategies that will nourish your skin so that the body itself will have all that it needs to combat oxidative stress which is the largest component of the aging.

Taking good care of your **SKIN** is important for more than just your appearance. As the largest organ you have, your skin is essential to your general health. If you take care of it, it can help take care of you. Therefore, it is so important to have a well-thought-out proper skin care routine and it's absolutely worth the time and energy to take care of your skin daily. It is a well-known fact that you will feel better when you look better. An effective skincare routine can help prevent acne, treat wrinkles, reduce fine lines, build collagen and help keep your skin looking its best. Learn what the proper steps of a skin care routine are and why each step matters!



How To Determine What Your Skin Care Type Is

If you want to start having the perfect skincare routine, first, there are a few things you need to make sure of. You need to know what type of skin you have because not all regimens are suitable for all skin types.

- **Dry:** If your face feels tight and pores aren't noticeable to the eye.
- **Normal:** If your skin feels smooth and pores are barely visible. Neither dry or oily skin.
- **Oily:** If your face is oily all over with visible pores.
- **Combination:** If your skin feels smooth but has oiliness in the T-zone.

After you find out which skin type you have, get determined to learn and read more how to treat your type of skin and what kind of cosmetic products are more suitable for your type.

The Four Most Important Treatments Your Skin Needs Are:

1. **Cleanse:** Wash your face.
2. **Exfoliate:** Wash/rub with a granular substance to remove dead skin cells from surface.
3. **Tone:** Balancing the skin.
4. **Moisturize:** Hydrating and softening the skin

If you do not take care of your skin properly, then do not be surprised if you start having skin problems. Without the actual skin treatment, deep lines and wrinkles, age spots, dark circles, saggy baggy elephant skin, uneven or blemished skin, dull or dry skin and more issues can be faced.



The Proper Steps of a Skin Care Routine and Why Each Step Matters

Get your skin care routine into the natural order of things. There is a reason why doing things in the right order is extremely important. You won't put your socks on after your shoes! The same goes for your skincare.



STEP 1: CLEANSER

The first step to your skincare routine is always cleansing. Cleansers are designed to help remove dirt, debris, and makeup. Cleansing in the morning is necessary to remove oil and build up that may happen overnight.

Cleansing at night is equally important, especially to remove makeup. Makeup is composed of ingredients that allow it to last all day, so you must cleanse your face every night before bed to ensure your skin is able to replenish itself.



STEP 2: TONER / ASTRINGENT

The next step in your skin care routine is using a toner or astringent. A toner or astringent is going to help rebalance your skin, provide gentle exfoliation, refine your skin, and can help restore hydration.

Toners and astringents play an important role in minimizing the appearance of pores and help to rebalance the appearance of your complexion.

The reason this step is done prior to applying your serum or moisturizer is to help retain the moisture they both provide.

STEP 3: EXFOLIATOR / MASKS

Everyone needs a little TLC, and it's no different for your skin. Using a mask and/or exfoliator 2-3 times a week is a way to give your skin extra care.

EXFOLIATOR:

Exfoliating two to three times a week will help remove surface dead skin cells. Dead skin cell build up can leave skin dull looking and can contribute to oiliness, problem skin, dry skin, and skin aging. While skin exfoliation is a naturally-occurring process, most skin types need the extra help.





SUN DAMAGED SKIN:

This type of skin can display abnormal skin texture, including pebbling, deep or excessive wrinkles, large amounts of freckles or other spotty discolorations.

OILY/PROBLEM SKIN:

This skin type tends to saturate dead skin cells with excessive oil, making it difficult for dead skin cells to shed off naturally.

DRY SKIN:

This skin type tends to let dead skin cells accumulate too quickly which can make skin look dry, dull, and with visible signs of dehydration.

MASKS:

Using a face mask is a way to get professional facial results at-home. Masks help target your skincare concerns by being applied to the skin's surface to help the beneficial ingredients soak in for a period before being cleansed off.

Masks come in different forms, such as creams, clays, sheet, and gels. Creams and gels can help to hydrate, clay-based masks can help exfoliate and remove excess oils and sheet masks can apply a multitude of skin-beneficial ingredients that can help brighten, hydrate and reduce the appearance of redness.





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every
day
beauty