

Over-Washed Skin

You do it everyday#wash, shampoo, shave, clip your nails, wash and dry your hair. Personal grooming, for most of us, is a series of well-entrenched habits. Have you ever considered if you are making the most of these daily rituals? Would you be willing to change your routine if it made your skin, hair, and nails look more attractive?

Most adults who are over thirty commit one mistake when it comes to washing: they do too much of it. They take a shower in the morning, another after the gym, and maybe even one just before bedtime. The average woman spends a full twelve minutes in the shower. That's too long. Cut back your time in the shower to five minutes, for your skin's sake.

Americans are especially personal hygiene maniacs#terrified of missing a daily bath and revolted by the thought of anything but a well-scrubbed, antiseptic body. Too much washing results not just in cleanliness, but in irritated, itchy skin, particularly in the winter months.

The term "over-washed skin" is used to describe dry skin that results from spending too much time in the shower.

Below are bathing tips that you can benefit from:

1. Avoid scrubbing delicate areas, especially the mucous membranes.
2. Use only warm water in the shower. The cooler the better, but not too cold.
3. If you have normal to dry skin, use Basis or Dove unscented for sensitive skin on your body and either a soap free cleanser or nothing at all on mucous membranes.
4. If you have oily skin, then use a deodorant soap such as Dial, Safeguard, or Lever 2000 on any part of your body that tends to be oily#usually the back or chest.
5. Skip showering as often as you can. This may not seem appealing, but the more time you have in between showers the better. Skip a shower once or twice a week, especially in the winter. Allow your skin time to produce and maintain its natural oils.

Contrary to popular belief, sometimes the best thing for your skin is to skip a shower rather than take one.