Effective Skin Care for Women
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Abstract:
Everyday in our dermatology practice, women of all ages ask what they can do to achieve and maintain healthier-looking Skin. Skin is one of the most amazing organs in the human body. Women are inundated with creams, lotions and serums touted to reverse the signs of aging and sun damage. It’s important to take good care of your skin so it will continue to protect your insides and stay healthy as you age. Skin types include normal, oily, dry, and sensitive. Some people also have a combination of skin types in different areas of their skin. Your skin type can change over time. For example, younger people are more likely than older people to have a normal skin type. Aside from time, the most damaging factor to your skin is the sun. Protect your skin from harmful UV rays by wearing sunscreen and protective clothing. Moisturizing is important for healthy skin. There are a confusing variety of skin care products available and often the labels provide little information regarding the ingredients or guidance about how they affect skin health. Although Prescription topical must undergo rigorous FDA-monitored examination, nonprescription topical—known as Cosmeceuticals—are not subject to premarket proof of safety or efficacy. This paper focuses on the aspects of skin care, the importance of skin barrier function and how the use of products and therapies applied to the skin can affect skin barrier function. It also challenges current practice and tradition and highlights the evolving body of research into practice and tradition.

Keywords:- Introduction, Skin Type, Skin Conditions, Skin Treatments, Healthy Diet, Methods for Skin Care.

Introduction
By the definition, skin is definitely an organ. Skin is made up of very specific cells and tissues, and their collective purpose is to act as the boundary between "you" and "the world". One of the neat things about skin that makes it different from a lot of other organs is the fact that it does have to deal with the real world. Therefore it is loaded with sensors, and it also has a very tough layered design so that it can handle realities of the environment like abrasion and sunlight.

Fig: Picture of the Skin
The skin is the largest organ of the body, with a total area of about 20 square feet. The skin protects us from microbes and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.

Skin has three layers:
- The epidermis, the outermost layer of skin, provides a waterproof barrier and creates our skin tone.
- The dermis, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands.
• The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue.

The skin’s color is created by special cells called melanocytes, which produce the pigment melanin. Melanocytes are located in the epidermis.

Skin Type

Skin types include normal, oily, dry, and sensitive. Some people also have a combination of skin types in different areas of their skin. Your skin type can change over time. For example, younger people are more likely than older people to have a normal skin type.

Skin types vary depending upon factors such as:
• Water content, which affects your skin's comfort and elasticity
• Oil (lipid) content, which affects your skin's softness
• Sensitivity level

Normal Skin Type

Normal skin is not too dry and not too oily. It has:
• No or few imperfections
• No severe sensitivity
• Barely visible pores
• A radiant complexion

Combination Skin Type

A combination skin type can be dry or normal in some areas and oily in others, such as the T-zone (nose, forehead, and chin). Many people have combination skin, which may benefit from slightly different types of skin care in different areas. Combination skin can produce:
• Overly dilated pores
• Blackheads
• Shiny skin

Dry Skin Type

Dry skin can produce:
• Almost invisible pores
• Dull, rough complexion
• Red patches
• Less elasticity
• More visible lines
When exposed to drying factors, skin can crack, peel, or become itchy, irritated, or inflamed. If your skin is very dry, it can become rough and scaly, especially on the backs of your hands, arms, and legs.

Oily Skin Type

Oily skin can produce:
• Enlarged pores
• Dull or shiny, thick complexion
• Blackheads, pimples, or other blemishes

Skin Conditions

• Rash: Nearly any change in the skin’s appearance can be called a rash. Most rashes are from simple skin irritation; others result from medical conditions.
• Dermatitis: A general term for inflammation of the skin. Atopic dermatitis (a type of eczema) is the most common form.
• Eczema: Skin inflammation (dermatitis) causing an itchy rash. Most often, it’s due to an overactive immune system.
• Psoriasis: An autoimmune condition that can cause a variety of skin rashes. Silver, scaly plaques on the skin are the most common form.
• Dandruff: A scaly condition of the scalp may be caused by seborrheic dermatitis, psoriasis, or eczema.
• Acne: The most common skin condition, acne affects over 85% of people at some time in life.
• Cellulitis: Inflammation of the dermis and subcutaneous tissues, usually due to an infection. A red, warm, often painful skin rash generally results.
• Skin abscess (boil or furuncle): A localized skin infection creates a collection of pus under the skin. Some abscesses must be opened and drained by a doctor in order to be cured.
• Rosacea: A chronic skin condition causing a red rash on the face. Rosacea may look like acne, and is poorly understood.
• Warts: A virus infects the skin and causes the skin to grow excessively, creating a wart. Warts may be treated at home with chemicals, duct tape, or freezing, or removed by a physician.
Melanoma: The most dangerous type of skin cancer, melanoma results from sun damage and other causes. A skin biopsy can identify melanoma.

Basal cell carcinoma: The most common type of skin cancer. Basal cell carcinoma is less dangerous than melanoma because it grows and spreads more slowly.

Seborrheic keratosis: A benign, often itchy growth that appears like a “stuck-on” wart. Seborrheic keratoses may be removed by a physician, if bothersome.

Actinic keratosis: A crusty or scaly bump that forms on sun-exposed skin. Actinic keratoses can sometimes progress to cancer.

Squamous cell carcinoma: A common form of skin cancer, squamous cell carcinoma may begin as an ulcer that won’t heal, or an abnormal growth. It usually develops in sun-exposed areas.

Herpes: The herpes viruses HSV-1 and HSV-2 can cause periodic blisters or skin irritation around the lips or the genitals.

Hives: Raised, red, itchy patches on the skin that arise suddenly. Hives usually result from an allergic reaction.

Tinea versicolor: A benign fungal skin infection creates pale areas of low pigmentation on the skin.

Viral exanthem: Many viral infections can cause a red rash affecting large areas of the skin. This is especially common in children.

Shingles (herpes zoster): Caused by the chickenpox virus, shingles is a painful rash on one side of the body. A new adult vaccine can prevent shingles in most people.

Scabies: Tiny mites that burrow into the skin cause scabies. An intensely itchy rash in the webs of fingers, wrists, elbows, and buttocks is typical of scabies.

Ringworm: A fungal skin infection (also called tinea). The characteristic rings it creates are not due to worms.

Skin Treatments

Corticosteroids (steroids): Medicines that reduce immune system activity may improve dermatitis. Topical steroids are most often used.

Antibiotics: Medicines that can kill the bacteria causing cellulitis and other skin infections.

Antiviral drugs: Medicines can suppress the activity of the herpes virus, reducing symptoms.

Antifungal drugs: Topical creams can cure most fungal skin infections. Occasionally, oral medicines may be needed.

Antihistamines: Oral or topical medicines can block histamine, a substance that causes itching.

Skin surgery: Most skin cancers must be removed by surgery.

Immune modulators: Various drugs can modify the activity of the immune system, improving psoriasis or other forms of dermatitis.

Skin moisturizers (emollients): Dry skin is more likely to become irritated and itchy. Moisturizers can reduce symptoms of many skin conditions.

How to Take Care of Your Skin

Healthy diet

Eating is one of life's pleasures. A healthy diet is one that helps maintain or improve overall health. Health is not just about avoiding disease. It is also about physical, mental and social wellbeing.

| BREAKFAST | • Starts her day with milk and fruits.  
|           | • Have Muesli or bread or pranths with soya milk. |

| LUNCH | • Dal and Chapatis  
|       | • Cheese slice with bread or prantha |

| DINNER | • Chapatis + Dal + Soup + Green Veges + Salad  
|        | • Prefers snacking every two hours |

The idea of dietary therapy (using dietary choices to maintain health and improve poor health) is quite old and thus has both modern scientific forms (medical
nutrition therapy) and prescientific forms (such as dietary therapy in traditional Chinese medicine).

Method 1 of 2: Skin type and treatments

There are four general skin types: oily, dry, normal and combination. In addition, it is possible to have sensitive skin along with one of the four general types.

1) Dry Skin: If your skin has a strong tendency toward dehydration, lacks oil, and has few breakouts if any at all, it is considered dry. In more extreme cases, dry skin lacks elasticity and can be extremely sensitive to the sun, wind, and cold temperatures. Wash your face once a day with a rich, creamy cleanser and warm water.

   Treatment: Rinse with warm water and pat your skin dry. Use toner to help with that tight and flaky feeling of dehydration. Avoid toners and makeup that contain alcohol as alcohol-based products have a drying effect on skin. Use a cream-based lotion to hydrate your skin and keep it rejuvenated.

2) Oily Skin: If your skin is oily, it usually has a lot of shine to it very soon after cleansing and the pores are generally slightly enlarged. It is more prone to pimples, blackheads, and whiteheads than other skin types and is coarser in texture.

   Treatment: Your skin tends to attract more dirt than dry skin, so wash your face twice a day with a gentle non-foaming cleanser and warm water. Rinse with warm water. Use an alcohol-free, hydrating toner to help remove additional residue. Using oil as a pre-cleanser to a foam cleanse can also help, as oily skin can be your skin's way of protecting itself against being stripped of its natural oils by harsh cleansers.

3) Normal Skin: Some consider normal skin to be combination skin, but it is not. If your skin is oily in the "T zone" and your nose while dry and taut on the cheeks, it is considered normal. It's also considered normal if it changes with seasons (drier in winter, oilier in summer). Normal skins can also be 'Normal-To's' as in normal to oily or normal to dry.

   Treatment: Wash your face with cleansers that are designed for your normal/normal-to skin type. Wipe an alcohol-free, hydrating toner all over the face. Apply moisturizer more frequently to dry skin.

4) Combination Skin: Combination skin is comprised of two extreme skin types on one face. These situations occur when there is acne and a lot of
oil in one area when the rest of the skin is generally dry (no oil).

Two common examples are dry skin with papular and pustular acne on the cheeks or a normal skin with inflamed papular and pustular acne in the chin and mouth area.

**Treatment:** Tend to each area appropriately as described above. If the acne is severe, consult a dermatologist or esthetician.

5) **Sensitive Skin:** Please note that you may have sensitive skin and normal, oily, or dry. If your skin has allergic reactions to beauty products and is usually sensitive to the sun, wind, and cold weather, it is sensitive. Sensitivity can show up in rash, redness, inflammation, acne, and dilated capillaries.

**Treatment:** Look for cleansers, toners, makeup, and moisturizers that are fragrance-free and hypoallergenic. Cleanse, tone and moisturize with gentle products everyday. The idea for your skin is to always choose products with a soothing benefit. Some common ingredients to look for are: chamomile, azulene, bisabolol, allantoin, lavender, camphor, calamine, rosemary, thyme, aloe vera, coconut oil etc.

Method 2 of 3: General skin care for all skin types

1) **Prevent sun damage.** Sunscreen is the real fountain of youth. Get into the habit of applying sunscreen or a lotion with minimum SPF 15 to 30 protection daily.

2) **Wash your face in the morning and in the evening.** This is a vital step and you must remember to do this. Use a facial cleanser to wash your face with and a flannel or a sponge. Washing your face with a cleanser helps you get rid of any spots.

3) **Exfoliate** Never use walnut shells as they will cause micro tears. Avoid plastic microbeads as they
pollute the environment and bioaccumulate up the food chain to fish. Experiment to discover what works for you.

4) **Live a healthy lifestyle.** Quit smoking. Few common items age the skin as effectively as tobacco. Eat a healthy diet which includes many fruits and vegetables. Reduce stress when possible. Use a moisturizer. Using one will replace the moisture and natural minerals that you have washed away when washing your face.

5) **Drink plenty of water.** This will keep you hydrated. If you don't, your body will suck out the moisture from your skin and give it to your body. This will dry out your skin and may cause spots and encourage breakouts.

6) **Eat plenty of vitamin C enriched foods.**

7) **Get enough sleep.** Teenagers need around 8-10 hours and adults usually need around 8 hours of sleep.

8) **Avoid wearing makeup.**
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