

About The Skin Care Myths

This is another myth which often proves to be completely false. For people with very severe acne, getting rid of it can be a long-fought "war", not a quick battle. Even when medication is very effective, it can take up to 6 to 8 weeks to get initial results. To beat acne, it is necessary to be patient and "stick with it", even when treatment doesn't seem to be helping.

The concept of using sunscreen to protect your skin from the harmful sun is good. However, the problem is that most sunscreens contain active ingredients which are harmful chemicals. Depending on the sunscreen, the chemicals may include Benzophenones, PABA and PABA esters, Cinnamates, Salicylates, Digalloyl trioleate, Menthyl anthranilate and Avobenzone.

You have to drink eight glasses of WATER a day to have healthy skin. Water is in fact the ultimate in thirst quenching BUT juice, tea, milk, even fruits and vegetables all work at getting you hydrated as well. So while water's good for you, if you're drinking at all you're well on your way to being hydrated. Staying hydrated and eating a healthy diet is actually the number two thing you can do to keep your skin beautiful and blemish free.

When you use collagen elastin lotion, your skin penetrates the proteins. The truth is that when you use this lotion, your skin cannot absorb any of the collagen and elastin because the molecules are too large to be absorbed by the skin. Even collagen and elastin products that contain "hydrolyzed" proteins in small fragments cannot be integrated into the framework of the skin.

Using toner everyday is rarely needed and can actually dry out the skin so much that the sebaceous glands produce more oil to compensate. The problem is then you feel like you really need the toner that is actually doing the damage; creating a vicious cycle.