

Top 5 Foods that can Make Your Facial Skin Care Routine more Effective

Facial care is as important as how we take good care of our whole body. Your face is what you primarily use in presenting yourself. It is openly done and sometimes causes others to judge you. This affects your self-confidence and self-respect. Just as how everyone wants to be treated nice and fair, we should also consider making our facial care better.

With the numerous products that you can use, proper care also comes with the food you eat. Below are the top five foods that can assist in making your facial skin care more effective.

â€¢ Water hydrates the whole body. The body, which is mainly composed of water, needs ample amount of water in keeping it well. Cells need to be hydrated, too, to help you keep your skin looking healthy. At least eight glasses a day is needed. Energetic people need more than this amount to supplant the fluid they excrete. Washing the face with water also freshens and cleans the pores. Use ample amount of water in washing away remnants of cleansers used.

â€¢ Salmon is rich in Omega-3 and Omega-6, the fatty acids that are heart-friendly. These are also great in fighting eczema, and dry patches, helping the skin maintain a natural youthful glow. Fatty acids as well as antioxidants are key in facial skin care.

â€¢ Wheat Germ is packed with B vitamins, vitamin E, and Selenium. B vitamins help cells in their process of regeneration, and have the ability to resist blemishes. Vitamin E, plus Selenium, fights premature aging. This combination also reduces risks of skin cancer and energizes your facial skin care routine.

â€¢ Fruits and vegetables rich in vitamins A and C are natural antioxidants. Vitamin C helps in collagen production, which improves the color and texture of the skin. Sweet potatoes and carrots are both rich in carotene, which is turned in vitamin A inside the body. It helps minimize wrinkles and fine lines, and fights radicals that can cause cancer.

â€¢ Blueberries are antioxidants that fight certain cancers. They contain phytochemicals that give this fruit its great ability. Our everyday life exposes us to smoke and toxins, blueberries can help us deter the effects of these, which leads to the natural way of protecting our skin.

Our facial skin care routine may be good enough. The above-mentioned foods can help you make it more effective. These foods all help protect the skin. They also help in making the skin smooth and youthful, yet strong enough to counter harmful factors from the environment we get to face every single day. These factors or radicals can make our facial care useless.

Knowledge about healthy foods will be of great assistance in facial care. While it doesn't have to be so tedious, being aware and careful are two keys in making our facial skin care more effective. After all, it doesn't do us any harm in wanting to have healthy-looking skin, and also, with these foods, we are giving our whole body the vitamins it needs the natural way. These natural methods are best in keeping ourselves healthy.

About the Author

Christy S endorses Lim Cher Sern who is a natural skin care researcher with more than 7 years of experience in [natural skin care products](#). Please visit <http://www.BeautySkinCareCream.com> for more free information on how to choose the best skin care products.

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