

Oily skin has sebaceous (oil-producing) glands which are overactive. The constant oozing of oil on to the skin's surface enlarges and thickens the pores. Finally the pores lose their elasticity and remain open. This is why oily skin can also have a coarse texture. Oily skin is never very clear. It is prone to open pores, blackheads, spots, pimples and acne and can be very frustrating for the person who has it.

Cleansing is the main aspect of care for oily skin, especially since it tends to attract more dirt and pollutants from the environment. The surface oil also has to be removed and the pores should be kept free of hardened oil. However, this does not mean that the face should be washed with soap and water several times a day. In fact, too much soap and water washing disrupts the normal acid-alkaline balance of the skin, which becomes prone to problems like pimples and acne. The skin should be washed or cleansed only twice a day.

Use a cleanser that is specially formulated for normal to oily skins. A cleansing lotion or face wash may be used. For problem skin (spots, blackheads, pimples, acne), use a medicated soap or cleanser, which helps to remove impurities without disturbing the acid-alkaline balance. It also creates a germicidal environment on the skin.

Astringent lotion helps to remove oiliness. After washing the face, wipe with an astringent lotion, using cotton wool. Astringent helps to reduce oiliness, but some can be really harsh on the skin, since it is alcohol based. If there is any burning for more than a minute, the product should not be

used. You can mix the astringent lotion with rose water in equal quantities and use it. In fact, this also helps to tone the skin.

Rose water by itself is a powerful natural skin toner. For oily skin, rose water can be mixed with cucumber juice in equal quantities and used to tone the skin and reduce oiliness. We recommend a rose or lavender based skin tonic. It is gentle on the skin and can be used several times a day to wipe the skin and refresh it.

Exfoliation is an important aspect in the care of oily skin. This involves the use of cleansing grains or scrubs for deep pore cleansing. These should be

TIPS TO PREVENT ACNE

- ◆ Do not pick or squeeze blackheads, pimples and acne.
- ◆ Keep your hair away from your face.
- ◆ Wash your pillow covers and face towel daily in warm soapy water.
- ◆ In warm humid weather, wash your face often with plain water.
- ◆ Exercise regularly. This also helps in reducing stress, which can trigger off or aggravate acne.
- ◆ Acne can be due to a congested system, so drink 6 to 8 glasses of water daily. Add the juice of a lemon to a glass of tepid water and have it first thing in the morning.
- ◆ Include fresh fruits, raw salads, sprouts, whole grains and yogurt in your daily diet.
- ◆ Medicated cleansers and topical preparations are available for treating acne. So before the condition gets out of hand, seek professional care to avoid extensive scarring.

MAKE-UP TIPS

- ◆ It is best to use water based foundations for oily skin types. You can even add a drop or two of water, before applying this foundation. This helps to give a lighter coverage.
- ◆ Go for pan sticks, which are also called "cake foundation." They are hard, so add water, pat the foundation with a damp sponge when you apply it.
- ◆ During the day, avoid foundation and use only powder. Pressed powder (powder compact) helps to reduce an oily look. A powder compact comes in different color tones, so one can choose according to your skin color.
- ◆ During summer, carry wet tissues (wet wipes) and a powder compact. Wipe with tissue and touch up with compact powder to refresh the skin and remove that oily look - ensure that you cleanse at night.

like gram flour (*besan*) and oatmeal help to cut down on oiliness. *Besan* can be mixed with yogurt along with a pinch of turmeric (*haldi*) and applied on the face, to be washed off after 20 minutes. Rinse very well with water. Similarly, oatmeal can be mixed with yogurt and egg white and applied.

For open pores, mix oatmeal with egg white and apply three times a week on the area. Wash it off when it dries. However, if there are pimples, it is better not to use *besan* or oatmeal. Use only yogurt and *haldi* - apply daily on the face and wash off after 20 minutes with plenty of water.

The removal and prevention of blackheads is very important if you have oily skin, as it helps to prevent pimples and acne. It is also important to keep in mind that an acne condition needs professional care. Acne must be controlled, so that it does not spread and cause scarring. scars.

ACNE TREATMENTS

- ◆ Apply sandalwood paste on the eruptions.
- ◆ Mix sandalwood with a little rose water and apply on the entire face. Wash off with plain water after 20 to 30 minutes.
- ◆ Mix together one tsp cinnamon powder, half tsp *methi* seed powder, a few drops of lemon juice and few drops of honey to form a sticky paste. Apply only on acne eruptions and leave on for a couple of hours, or even overnight.
- ◆ Simmer a handful of *neem* leaves on very low fire in 3 cups of water for one hour. Leave it overnight. Strain and use the water to wash the face the next day. The leaves can be made into a paste and applied on pimples, rash and acne.
- ◆ Mix 4 parts water with one part vinegar. Dab the skin with this mixture using cotton wool.




**EVENT DECOR
&
DESIGN COORDINATORS**



Pinky: 407.448.7128
nikunevents@yahoo.com
www.nikunevents.com

*Beautiful
Enchanting
Inspiring*