

Changing Seasons, Changing Skincare Needs

As much as I hate to admit it, I am concerned that the seasons are not too far from changing. I hope with all my heart that we will be able to enjoy a sunny August, September or maybe even October, but I am also trying to be realistic. I know that temperature changes are going to happen but that doesn't mean it makes it any easier when it does.

With the changing seasons, we can expect a variety of new fashions for our wardrobe and new colors for our makeup collection, but how often do we consider the changing of seasons in our skin? I have always felt strongly about the necessity to take care of our skin. Not only is it with us for as long as we are living, but if it doesn't look good, no amount of makeup can hide that fact. Healthy, glowing skin is a better foundation than any product you can buy in a store.

Although your skin may be healthy and glowing now, how can you make sure it will continue to be that way in 4, 24 or even 44 years from now? This is not a matter of how old you are at this moment, but what your skin needs at this moment. It's important to recognize that as you mature, your body changes and so do your skin's needs. Every 4-6 years, you need to be re-evaluating yourself and your skin care products to ensure that you are getting maximum results.

The most important product you can be using at any age is moisturizer. It is better to use anything than nothing at all, but you want to make sure that you are targeting the concerns that are for you, not your Mother, not your daughter, not your sister or neighbor. What differences have you noticed in your skin? Does it appear to be less radiant? Has it lost some of its "bounce" or elasticity? Are you prone to dry patches? Are you experiencing unusual breakouts?

While I don't recommend rushing to the store to get the latest and greatest products every time they are released, I do recommend taking an honest look at what you are using and stop to consider that there may be something better or different worth trying. Keep in mind that most product lines are meant to be used for a minimum of two weeks' time to see real and honest results.

You won't get far or notice much of a difference if you have a collection of 5 different product lines that you switch from day to day. Cleansers, toners and moisturizers from the same company are usually designed to work together to give you a great end result. There are products that can and will reduce your lines or wrinkles, give your skin a glow, or provide it with nourishment, but you have to take the first step to figure out just what your skin is asking for.

Don't forget that your skin is affected by a number of factors: how much water you drink, what you eat, your daily sun protection, how much sleep you get, whether you smoke or not, the level of stress that you are experiencing and so on. These are controllable factors

that will make a huge impact in maintaining what you've got and preventing what you don't want.

So when you notice a changing of seasons, don't just pack up your shorts and flip flops. Take a good look at the skin you're in and make sure you've got a fresh face for fall! (I know, I said the 'f' word - fall. Sorry!)

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