



Can Mixing Skin Care Products Lead to Confused Skin?

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L'BRI PURE n' NATURAL



Hundreds of skin-care products. So many choices. Which products work best?

Today's skin care consumer is justifiably confused, especially those confronting difficult skin issues such as eczema; psoriasis; adult acne; skin rashes; excessively oily, flaky and itchy skin; a combination of dry and oily skin areas; rosacea; and even a combination of conditions. Many factors cause the skin to rebel: the environment, diet, medications, hormones, stress, and chemotherapy. Another is the mixing of products from various manufacturers – applying a hodge-podge of products not formulated to work together. Just as it is dangerous to combine home cleaning products, it can be damaging to combine skin care products from a variety of manufacturers.

Due to the extensive amount of skin care products on the market, consumers tend to purchase a mix of products and brands that synergistically don't work

together. A typical vanity is stocked with a wide-range of brand names and products. "Brand B" moisturizer is applied after "Brand A" cleanser and "Brand C" anti-aging serum is used in conjunction with "Brand D" facial masque. One may ask: "Is that a problem?" The answer is a resounding, "Yes!"

Mixing brands and products may lead to a form of chemical warfare, and the skin is the victim. A skin care manufacturer will formulate products within a specific pH balance range, blending ingredients that complement one another for best results. For example, the cleanser has a certain pH level and so do the freshener and moisturizer. The term pH refers to the measurement of the acids and alkali in the skin. The amount of acid in the skin determines the skin's resistance to bacteria.

However, one company's pH balance range may be quite different from the pH balance range of another manufacturer. One brand may not work in harmony with another brand. Mix and match brands and the result in the long run can be damaging. Skin that becomes "off-balance" and "confused" may develop blemishes, allergies, rashes, and any number of other skin conditions.

Using products that contain proven healing ingredients such as Aloe can be extremely beneficial to "confused" skin. Aloe, known as "nature's pharmacy," provides 75 nutrients, 200 active compounds, 20 essential minerals, 18 amino acids, and 12 vitamins. For those undergoing radiation therapy, Aloe can help ease painful treatment. Be sure to find and use products where Aloe is listed first on the list of ingredients.

Clear, smooth, healthy skin is the beginning of a beautiful, youthful look. The basis of healthy, beautiful skin is a regular program of intelligent skin care.

Tips for a Life Time of Healthy-Looking Skin:

- Avoid mixing skin care products. Use a skin care system intended to work together to maintain the skin's natural pH balance.
- Drink plenty of water.
- Don't use products containing drying alcohol.
- Avoid cleansers that produce suds.
- Avoid products containing artificial coloring agents, synthetic fragrances, parabens, propylene glycol, waxes, mineral oil, or sodium lauryl sulfate (SLS).
- Don't go to bed wearing makeup.
- Increase fiber intake.
- Don't smoke. Smoking constricts blood vessels, causing premature wrinkling.
- Use natural based products.
- Don't use soap as a skin cleanser. All skin types, by nature, are on the low pH side, or slightly acidic, measuring about 6 on the pH scale. One of the greatest enemies to the skin's pH balance is soap – it leaves the skin in an alkaline state that is receptive to bacteria.
- Get your beauty sleep. Eight hours is best.
- Think positive, healing thoughts.

The skin is a marvelous organ and responds quickly to kindness and care. When you care for your complexion it will do everything naturally possible to be soft, clear, healthy and youthful in appearance.