

Title:

5 Sensitive Skin Care Tips

Word Count:

540

Summary:

Sensitive skin is often blamed for breakouts and itchy skin. This article discusses the quality

Keywords:

sensitive skin care

Article Body:

A lot of people claim that they have sensitive skin when they break out after using a certain

How to tell if you have sensitive skin?

Generally, sensitive skin is thin with visible broken capillaries under the skin's surface. Se

Since caring for sensitive skin can be quite difficult, it is advisable to limit the use of sk

How to care for sensitive skin?

1. Hydrate your skin.

Sensitive skin is prone to dryness which can lead to increased sensitivity. Drinking eight or

2. Eat skin-friendly food.

Fruits, vegetables, and other water-rich foods are essential in correcting skin imbalances. Th

3. Limit sun exposure.

Sun exposure can cause sensitive skin to redden and burn easily. Before going out, apply sun p

4. Protect skin at all times.

Even when you are indoors, your skin still needs protection. If you are staying in an aircondi

5. Avoid products with artificial colorants and synthetic fragrances.

Colorants and fragrances are added to skin care products only for increasing marketing appeal.

Aside from these tips, it is also a good idea to switch to skin care products that are special

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