

Title:

Busting Some Skin Care Myths

Word Count:

593

Summary:

As with all aspects of life, there are urban myths about skin care. However, for the most part

Keywords:

stress and anxiety, skin infections

Article Body:

Proper skin care is one of those things that more and more people are embracing nowadays, part

Myth #1: Eating Some Foods Can Cause Skin Infections

Skin infections are not caused by the food you eat. No, acne is not caused or affected by your

Myth #2: Facial Exercises Make The Skin Look Younger

There is absolutely, positively no truth to this. The harsh reality is that doing facial exerc

Myth #3: A Good Tan Can Kill Bacteria

This one is little more than scientific speculation at the moment. Ultraviolet light may have

Myth #4: Too Much Drink Can Make The Skin Blow Up

There is some scientific basis for this one, as alcohol tends to open up the pores and make a

Myth #5: Dirt Causes Acne

To confirm: dirt clogged in the pores does not cause acne. It can cause problems, definitely,

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