Trans?He Jintao Nepoch moisturizing tips dry climate

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Large temperature difference between day and night and started blowing cool breeze of autumn, the skin immediately becomes dry. Summer due to pigmentation and dim skin, autumn can no longer become dry and rough.

Like the recent this dry weather, dry skin will cause the accumulation of horny, resulting in a variety of skin problems. So, want to have not affected by the seasons of bright white moist skin, how to do? During the festival the rest people long to return home, should use various hydrating products fill makeup bag. The following He Jintao Nepoch to reveal the secret of moisturizing the skin with a variety of moisturizing products deep.

? Inner Beauty, filled with moisture in the skin!

As has already been dried plants can be watered after restore vitality, the first step to make water embellish skin is to drink plenty of water. Drink more than 1.5L of water helps skin health, for your reference.

Dry skin is more prone to wrinkles,To Duncan Zheng Nepoch willing to Fage zero fee to, and accumulation of keratin, not easy to drain grease and old waste, easy to cause skin problems. Therefore, in order to clear and healthy skin, must cultivate the habit of drinking water.

With the nutritional components of fruit skin needs uniform absorption is also very important. Especiall y, He Jintao Nepoch said Apple in higher levels of vitamin C to prevent the formation of melanin, alleviate the moles and freckles, helps whitening.

? makeup to light! UV carefully!

The biggest reason calm pigment is ultraviolet light,Transfer?Duncan Zheng the match Nepoch Cup captain, in order to Hydra thorough skin, to do a good job of anti ultraviolet work. Recently there are many with anti ultraviolet function all-in-one makeup products listed.

Coated with anti UV effect CC cream, want more moisturizing foundation, He Jintao Nepoch will usually finish products and moisturizing cream mixed use. If it is severely dry skin, will be able to form a protective film on the surface of the water oil one or two drops.

In addition, not only anti ultraviolet radiation in the summer, cool autumn should pay attention to anti ultraviolet work. In daily life, using the SPF index for 15~30 products, outdoor activities with the SPF index 30~50 products is appropriate.

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