

Skin Care Myths: BUSTED!

ALL NATURAL MEANS 100% SAFE

Beauty products that are all natural seem to be the rage nowadays, but don't buy into the hype! Just because were grown from the ground and not made in a lab doesn't mean that they're any better. Ideally, a product should use the ingredients both synthetic and organic ingredients to provide the best results.



SHAVING LEADS TO THICKER AND DARKER HAIR

The hair that grows after you shave is more or less the same as the hair that you removed - thickness, color and all. The only difference between the two is that the latter has a blunt edge because of the blade thus making it feel a little bit coarser and thicker.



DRINKING WATER SOLVES DRY SKIN

Drinking water has never been shown to help improve dry skin unless you're extremely dehydrated. If your skin is naturally dry, no amount of water is going to reverse that. Although it's true that drinking water is good for your health, it may not do much to improve your skin's health.



IF IT'S BURNING, IT'S WORKING

If, after applying some kind of beauty product, your skin starts to burn or sting, don't be happy thinking that it's working because it most likely isn't. Instead, remove the product immediately with a cool and damp cloth before it starts doing real damage to your skin. Remember: beauty isn't pain!



EATING JUNK FOOD GIVES YOU ACNE

So far, there hasn't been any research showing any direct correlation between eating junk food and getting acne. The main causes of acne are hormones, stress, bacteria, and pollution. Food and diet can also be a factor but it's specific to greasy food, dairy products, and simple sugars.



HOT WATER OPENS UP YOUR PORES

People have been led to believe that washing their face with hot water actually opens up and cleanses their pores. The truth, unfortunately, is that pores aren't like windows that open or close. If anything, using extremely hot water does more harm than good to your skin.



SUNSCREEN IS STRICTLY FOR SUMMER

You don't only apply sunscreen to keep your skin from getting dark during the summer days. Sunscreen is actually applied to protect you from sun's UV radiations, no matter what the weather might be. That said, we'd all benefit from using sunscreen every day for as long as the sun continues to shine upon the world - cloudy days included.



WEARING A LOT OF MAKEUP CAN BE HARMFUL

A lot of people, women, in particular, have gotten flak for regularly wearing makeup and being constantly told that it only damages and ages their skin faster. Well, don't pay the haters any mind because there is no truth in these words. As long as you properly remove your makeup at the end of the day and stick to a cleansing routine, then your skin isn't in any more danger than others.



BEAUTY PRODUCTS PASS THROUGH THE FDA

It's reassuring to think that the Food and Drug Administration is monitoring what goes into our favorite beauty products, but that's basically all that is - a thought; some kind of wishful thinking. These products don't actually need any kind of signal or approval from the FDA to enter the market. If they're proven unsafe, then they can be pulled out. Until that happens, however, the products stay on the shelves.



THE MORE EXPENSIVE, THE BETTER

This shouldn't come as a shock to anyone but the price of a skin care product isn't related to its effectiveness in any way. Inexpensive products can be just as, if not more, effective than expensive and branded ones and that goes the other way, too, so refrain from judging by brand or price.



KEY TAKEAWAY

It's important that you're able to separate fact from fiction, especially when it comes to skin care because you can jeopardize your skin health with a single mistake. If you don't want to take any chances, better head to your local **skin clinic in the Philippines** and get an expert's advice on what you can and should do in order to properly care for your skin!



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