

Beauty Advice: How to Make Your Skin Thank You Later (What You Should Be Doing Now)



By

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Who doesn't want great skin? The problem with taking care of ourselves is that we many times neglect certain duties we owe to our skin. Well, fear no more! With our [beauty tips](#) and some dedication from you, you'll be well on your way to the skin you want. Give yourself the gift of great skin this holiday season!

The current state of your skin is a result of many factors. However, there are things we can all add to our beauty regime to make our skin thank us, besides washing it daily of course! This is what you should be doing now:

1. Drinking lots of water daily: This is a given and obvious to many, but the truth is that so many of us neglect to drink enough water! You need to keep yourself hydrated throughout the day. Your skin can look dull when you don't drink enough. So let's pick up our glasses and bottles and get to drinkin'. When hydrated, our skin gets that glowing, calm look we strive for. A healthy goal to aim for, that you've probably heard of before, is drinking 8 glasses of water a day. Do that, and watch the change.

2. Moisturizing: It takes a bit of our time and can be easily pushed aside, but it shouldn't be! Like drinking water, applying a good, natural cream to your skin on the daily will keep it looking nice and smelling wonderful. This can also help delay aging, and who doesn't want that? Also, remember to slap on some sunscreen to protect your skin from the almighty sun.

3. Getting enough sleep: Unfortunately, sleep is neglected many times, whether it's for work, our social life, or issues. We prioritize many tasks over sleep. We all know that sleeping is important and has many benefits, but because life is active and while we sleep we're "inactive," we don't put it on the top of our list. Sleep helps your mind and body (skin included) repair, so get to sleeping, and nap when needed.

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4. Applying masks: Masks are our friends! Face masks, hand masks, foot masks, etc.; do them all. The good thing about masks is that they can help your skin by targeting your specific needs. Ideally, do a mask once a week. If your skin isn't sensitive or dry, you can do it twice a week if you feel the need. If your skin is dry, make sure to apply a mask that is moisturizing on top of everything else.

5. Exfoliating: Your face and your body! You can exfoliate one to three times a week, depending on your skin type and needs. If you have oily skin, two to three times a week can work for you. Now, if you have dry or sensitive skin, once a week should be enough. Exfoliating gets rid of dead skin cells. It'll make your skin look better and will help your makeup settle better as well.

6. Working out: Working out is great for many things, skin included! After working out, you may notice your skin glowing. Also, exercising can help reduce stress, and we all know that stress has a negative impact on our skin. Therefore, exercising alongside the tips above can help avoid breakouts and clogged pores.

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7. Cleaning things that touch your face: Most of us don't do this! Anything that touches our face on the regular should be cleaned often, sometimes even daily. For example, our phones touch our faces all the time – and we touch the phone with our hands all time, on top of plopping it down wherever. Make sure to clean it on the daily! There are so many bacteria on it, and we don't want that all up in our grill. Makeup brushes are on the list of items to clean as well. Aim to clean them once a week at least.

8. Removing makeup: Many of us are guilty of going to sleep

with makeup on, but this is a big no-no. It can clog your pores and we definitely don't need that kind of buildup in our lives. Make sure to wash your face before heading to bed or at least use makeup wipes to clean your precious skin.

9. Watching what you eat: Oh, junk food, how we love thee! Junk food can be so bad for not only our overall healthy, but also our skin. When you notice that breakouts or other flaws arise after eating a certain food, the obvious thing to do is stop eating it. However, we aren't perfect and we crave what we crave. That is where the moderation rule comes in. Just keep in mind what messes with your skin and don't indulge in it. Once in a while is okay.

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10. Treating your skin with care: Sometimes, we don't pay attention and can rub our faces aggressively and pick at our skin. Don't! Try to be conscious of how you treat your skin. You should always be gentle, especially with your face and the area around your eyes.

Follow these tips, and you'll do just fine! Which of these do you need to start doing? Comment below!