



Food Instruction and Masks for Dermatology

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Abstract

In this paper, I have reviewed the the benefits of Food Science and Usage Maska in Skin. therapy and Dermatology. This science nowadays in many branches of Medicine has influenced specially in Herbal. Medicine and Cosmetics Technology that in continue I illustrate.

Keywords: Skin therapy; Dermatology; Food science; Facial mask; Skin wrinkles; Skin radiance.

Introduction

In this paper, I have illustrated briefly the applications of vitamins and minerals for covering healthy skin.

Healthy skin

Healthy skin reflects good health. This requires proper exercise adequate sleep smoking cessation and sun exposure, as well as a diet rich in valuable nutrient.

Food eating rich of vitamins

Vitamins help to protect and keep the skin healthy. There is evidence that beta-carotene, which is converted into vitamin A by the body, reduces the production of substances secreted by the sebaceous glands of the skin. The best food sources of beta-carotene are: bright resinous fruits and dark green vegetables. Citrus fruits such as oranges, lemons, limes, oranges, kiwis, watermelons and melons are rich in vitamin C.

B6 vitamin

Consider vitamin B6. This vitamin is found in meat, fish,

chicken, cooked beans, avocados, snacks, potatoes, bananas and leafy greens. This vitamin reduces facial acne by regulating the hormones that cause it.

Causes of hives

In case of acne, dermatologists sometimes prescribe topical tretinoin, which is derived from vitamin A. Drugs and exposure to some chemicals such as dioxin cause skin lesions and acne. Skin complications of urticaria can occur after eating certain foods such as shellfish, fish, nuts and some seeds. Also, emotional stress, prolonged exposure to sunlight, heat and cold, and even viral infections cause hives.

How to deal with hives?

Eat more foods containing niacin. Hives and other skin reactions are aggravated and activated by the release of substances called antihistamines in the body. Eating foods that contain niacin and vitamin B3 inhibits the release of histamine from the body. Good sources of niacin include poultry, seafood, nuts, seeds, legumes,

seeds, and niacin-fortified cereals. Be careful in choosing these foods because there are foods that cause an allergic reaction.

Nutrition and hair diseases

Other nutrients that promote healthy hair and skin include: niacin, biotin, zinc, and vitamins B6, A, and C. A varied diet that contains the above nutrients is beneficial for hair and skin health. Abnormal hair loss is caused by diseases such as diabetes, thyroid gland and extreme diets.

Methods of removing facial wrinkles

If you want your facial skin to remain young and fresh, avoid exposure to the sun. Be sure to use sunscreen on days when you are going to be outdoors a lot. If any part of your skin gets sunburned, use aloe vera gel. Avoid smoking, because it destroys skin collagen. Therefore, the elasticity of the skin is reduced and as a result wrinkles are formed on it.

Facial masks

The face mask, which is a mixture of one spoon of honey, one spoon of cocoa powder and one spoon of yogurt, helps to tighten and remove blemishes from the face. Combine oats, honey, yogurt and peanut powder and put it on the skin. After a few minutes, wash with lukewarm water. Cucumber is a natural cleanser. Mix cucumber juice with milk and use it instead of milk cleaner.

Mask for oily skin

Mix mango, coconut, cream, honey and jora powder together and put it on your skin, wash it with lukewarm water after 10 minutes. This combination is perfect for oily skin. For oily skin, use a combination of grapes, lemon and egg white and wash with lukewarm water after 20 minutes.

Mask for skin radiance

The combination of milk and honey on the skin makes it shine. You can also mix pumpkin puree, egg yolk and milk and keep it on your skin for 30 minutes to make your skin shine.

Mask for skin wrinkles

Wrinkles are the first signs of aging that appear due to the loss of skin elasticity. Basically, a healthy life without nervous emotions always keeps the skin young and fresh. But the difficulties of life, too much busyness, alcohol use, and too much tearing, can easily make the skin wrinkled. Creams containing hormones prevent the skin from wrinkling, but its adverse effects should not be neglected.

Carrots are rich in vitamin A, which restores and grows skin cells, and is therefore very useful in removing wrinkles. To prepare this mask, grate carrot and put it on the skin along with grated cucumber. After 20 minutes, wash with lukewarm water.

Also, you can soak the barley powder in a warm oven for a day and mix the strained water of the pan with the egg white that has been completely beaten and foamed and put it on the skin for 30 minutes. And then after a few minutes, wash it off with lukewarm water. This mask is very useful for treating skin wrinkles due to the presence of egg white and oats.

Result

From above, I wanted to illustrate how to protect our skin from destructive causes. A kinds of masks has come in this paper that illustrate how to cover our skins [1, 2].

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Conflict of interest

The authors have no conflicts of interest to declare.

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