How to Take Care of Sensitive Skin

Skin sensitivity is best described as a skin condition, rather than a skin type. Your skin can become sensitive due to a variety of reasons, including allergies, extremely hot or cold temperatures, excessive exfoliation that damages the skin barrier, skin injury, dry weather, eczema, and other genetic skin conditions such as rosacea.

Moreover, sensitive skin is generally associated with extreme skin dryness, as the nerve endings in dry skin are not well protected from the environment. This leads to a high risk of skin bumps, pustules, skin erosion, blushing, and skin flushing.

Skin sensitivity can manifest differing symptoms in people, with redness, burning, itching, and peeling being the common ones. These symptoms generally develop in reaction to sunlight, chemical-laden skin products, makeup, and dehydration.

However, your skin is only classified as sensitive if these issues are persistent and regular, rather than a chance reaction to a certain product or ingredient.

It is suggested to consume a glass of lemon water first thing in the morning if you have sensitive skin. This can be helpful as the vitamin C and antioxidants in lemon help manage free-radical damage.

Moreover, lemon water helps detoxify your blood, thus aiding in the prevention of blemishes, acne, and wrinkles, giving your skin a natural glow. This should be accompanied by consuming plenty of water throughout the day at regular intervals to keep your skin hydrated from within and eliminate toxins from the body.

How to use:

Juice half a lemon and mix it in a glass of lukewarm water.

Add honey to taste and consume it on an empty stomach.

You can have your meal after 30 minutes of drinking lemon water.