

FEELING GOOD IN MY SKIN

4- How to care for my face.



Facial appearances is important in social relationships and taking care of it is normal. However by trying to make it more beautiful, we sometimes end up doing the opposite and we can even put our health in danger.

How can I take care of my face?

The young skin is easily irritated by a overly aggressive hygiene. In reaction, it produces more sebum, increasing the risk of acne.

To take care of your skin;

- Clean it with a mild soap, and wash your face at a maximum of twice a day. Avoid alcohol-based products that strip the skin, dry it and increase sebum production.
- Use products sold in pharmacies to treat your acne, with the advice of a doctor or pharmacist
- Protect your skin from the sun by using the right sunscreen, and ask the pharmacist for advice.

Bleaching, Caution, Danger!

Some people bleach their skin thinking that it will make them more beautiful. This idea is questionable, because other men and women know the beauty of black skin. "Black is Beautiful" is what militants used to say in the United States of America in the middle of the 20th century during the fight for equality between white and black people. The most important thing is to maintain and protect its beauty while at the same time respecting your health.



Consequences of the use of harmful products.

Four Pieces of Advice

1. I avoid self medication.
2. I ask for advice from a professional.
3. I avoid miracles products sold on markets, such as mixed or blacks soaps, scrubs and masks with an unknown compositions.
4. I only use products sold in pharmacies, recommended by doctors or pharmacists.

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