

4 top skincare myths that no one tells you- Straight from the dermatologists

“There is a plethora of psychology involved while buying the skin products. Many men and women feel if they are paying more for a skin product, it will be effective on their skin with no side effects. Since this is a human psyche, it may not always be true,” said a renowned Dermatologist hailing from the USA.

With so much information on the internet, you may feel stuck in between the walls. Distinguishing between what’s good for your skin and what is not may be trickier for you. Plus, there is a lot of misinformation which leaves room for a great deal of uncertainty. On that note, people are now being more cautious nowadays. They are now moving toward organic skincare products free of harmful chemicals.

Do you think the same way?

It’s nothing but the skincare myths. We’re going to debunk the same in this article. Continue reading to know more.

1. Oily skin doesn’t require moisturizer

This is a statement that can leave you in a dwindling state. The actual truth is- oily skin produces natural oil or sebum. It’s not the same thing as skin hydration or water retention in the skin. Stripping away natural oils would increase the ability to lose water and make the same drying out. If you have oily skin, you shouldn’t think that your skin doesn’t need moisturizing. Instead, you should look for non-comedogenic moisturizers. It won’t block your pores.

2. SPF is not required while using a foundation

It’s one of the top skincare myths. People solely rely on the SPF factor of foundation, but this won’t give you adequate sun protection. According to a dermatologist, “You *may need eight*

times the usual amount of foundation and sixteen times powder. This is something which isn't practicable.

Instead of doing the same, you can choose a moisturizer that contains SPF factor 15. You can also select moisturizers or SPF+ sunscreen on your face and neck. Allow the same to set on your skin before you apply the foundation.

3. Lack of sleep cause under eye dark eye circles

In its simplest sense, under-eye dark circles are not just due to lack of sleep, but they can happen just because of the deposition of the pigment melanin in your under-eye skin. Due to loss of subcutaneous fat and skin sagging, it tends to worsen. Deoxygenated blood in the periorbital tissues is another reason for under-eye dark circles. Additionally, dehydration also worsens UEDC and is also a genetic predisposition.

4. Eating healthy will give you clear skin

It's undeniable that eating a well-balanced and healthy diet will lead you towards healthy and clear skin. However, it's inadequate to get great skin. For instance, good food cannot clean away the dirt and the impurities, but a good face wash can. It will create a protective barrier over your skin. To get healthy and beautiful-looking skin, you need to exercise regularly, drink adequate water, and last but not least, use organic skincare products.

Takeaway

At Hanoor, we have natural skincare products that will help to make your skin soft, hydrated, and moisturized. We use natural ingredients that will have no side effects or harmful effects on your skin. If you're looking for natural skin care products at an affordable price, we're here to help you. For more information, visit our website today.