

# Skin damaging factors

## **Pollution:**

This factor is very important if you reside in highly polluted urban areas where your skin is constantly damaged by a range of environmental pollutants, dust and fumes. Pollution can lead to dehydration of skin, poor color, clogging of pores and acne.



## **Alcohol:**

It causes blood vessels to over-dilate and weakens capillary walls. As a result, skin becomes dull, dehydrated, sensitive, red and blotchy.

## **Smoking:**

Speeds up the process of aging in skin, leading to the appearance of premature wrinkles. It causes skin damage on your face, and affects skin tone and elasticity all over the body. This is because nicotine causes shrinkage of blood vessels, thus inhibiting your skin's ability to receive nourishment.

## **Air-conditioning:**

AC reduces humidity from indoor air and robs the outer layer of the skin. This constant loss of moisture results in dry, flaky and chapped skin. Skin also becomes prone to developing creases and wrinkles.



## **Stress:**

It is a known fact that stress affects your health and appearance negatively. Mental stress can be a contributing factor to many skin problems like psoriasis, eczema, rosacea and acne.

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## **Lack of exercise:**

How can we forget the importance of regular fitness regime? No amounts of beauty treatments and cosmetic procedures can help you retain your skin glow if you do not exercise regularly. Exercise increases the blood circulation and imparts a healthy glow to your skin.



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