

Everything you should know about salt peeling

Peeling is the primary treatment in the home care of our bodies. A properly selected and applied to the same advantages. Scrub not only rejuvenates the skin and prevent its aging, but also efficiently handle the bumps and skin discoloration.

Peeling (called peel - peel, husk) that is peeling, is the removal from the skin of dead skin cells. As a result of the natural process of skin regeneration, which is repeated periodically every 28 days, with new cells, and the old die. Scrub thoroughly removes dead skin cells and dirt, so thoroughly cleansed skin remains soft and gaining a young and healthy look. Scrub is an excellent preparation for further treatments, because deprivation of keratinized skin allows the skin to better absorb nutrients, delivered in the form of lotions, creams and gels such as or anti-cellulite oils. Made before the imposition of Sunless tanning and solarium makes artificial tan is even and no longer be maintained. In turn, made after depilation prevent ingrown hairs and reduce the risk of inflammation of hair follicles. Peeling is a delicate control of microcirculation. When combined with body massage stimulates microcirculation in the skin, which accelerates the metabolic processes (such as burning fat, excretion of toxins.) Salt scrubs compared to sugar and cream with fine abrasive particles are cleansing for our body. Thoroughly remove dead skin while improving circulation and skin with oxygen. The base ingredient - salt - anti-inflammatory and disinfectant, is useful in treating skin diseases such as protecting it through so-called. Hydrochloric acid mantle, which by the action of osmotic supports skin hydration. In addition, a strong salt exfoliation is helpful for rough calloused and hard on our body parts of the skin (knees, feet, elbows), making it and they will become smooth.

The use of exfoliating salt use : Peeling systematically applied 1-2 times per week is a basic procedure that maintains the skin of our body in good shape. Thanks to get rid of "old skin", and our skin remains smooth and fresh.

Usage: Salt scrub is best to impose on a wet, pre-washed skin. Starting from the foot and calf scrub with circular movements to rub on his way up, then rinse with water. More places (knees, elbows, feet) is worth more attention. Do not wash with soap the delicate balance of the body shell oil, which optimizes the effect of moisture and softness skin.

Range of applications peeling salt: Granules contained in the peeling gently massage and stimulate your skin. Peeling massage cleanses, improves circulation and skin elasticity, and facilitates the absorption of active ingredients of cosmetics such as moisturizing lotion or gel anti-cellulite. Peeling is an integral part of anti-cellulite and firming treatments. Scrub is rich in valuable minerals and trace elements contained in salt supports skin enzymes and stabilizes water management. Stimulates skin metabolism and organism. Skin peeling after a thorough cleaning to better absorb the active substances contained in creams and gels anti. Interest is one of the busiest parts of the body. Sore and tired may hinder daily functioning and adversely affect the well-being. Foot massage peeling is a pleasant moment of relaxation after a busy day, very soothing and refreshing. It is also necessary to the foot skin was perfectly smooth - the first clashes caused thickening of the skin and such on their heels. Is a necessary step in a professional pedicure, which you can make yourself at home. The skin is delicate hands. The most visible signs of their charges, for which they are exposed to chlorinated water, detergents, and weather, hence the need of increased care. Salt scrub is ideal for thin skin on the hands, with a delicate texture and rich features - moisturizing. Optimally exfoliates dead skin cells and used for home manicure also helps to remove the skin arising on nails. In combination with a short massage that makes your hands remain soft and satin-rested. For extra moisturizing hands after peeling, it is worth to apply lotion.

Tanning and solarium

The skin looks beautiful when it is lightly tanned. End of year and the sun does not necessarily mean parting with a nice skin color. Skillfully using the solarium and cultivating his own skin, you can enjoy a nice and gently tanned skin all year round. Peeling can help you prepare for indoor tanning. Made by the evening the day before a planned visit to the solarium will remove dead skin, smooth skin tone and speed up skin regeneration. Thus prevent the possible effect of 'dirty' tan. Refreshed, the "new" skin remaining on the skin after peeling iridescent faster and nicer.

Leg Waxing and ingrown hairs

Ingrown Italian under the skin is an inherent problem when dealing with an electric hair epilator or wax slices. You can prevent ingrown hairs through regular skin exfoliation using peeling. Hydrochloric perfectly peeling removes rough skin, which makes for ingrown hairs. Thanks to its advantages the rich and moisturizing conditioner softens the skin so that the Italian easier to penetrate the skin without causing growing into effect. It applies to 2 - 3 days prior to the epilating and again two days after depilation.

Skin problems - Folliculitis

Hydrochloric peeling action may be to assist the primary treatment of folliculitis. During the treatment we used a bath with the addition of any salt or salt, which alleviates any skin irritation acting antibacterial and anti-inflammatory.