

Nyraju Skincare



10 SECRETS TO

GORGEOUS

AFRICAN AMERICAN

SKIN

10 Secrets to Gorgeous African American Skin

Courtesy of Nyraju Skincare

① Cleanse, Tone & Moisturize Your Face Twice a Day



Hey beautiful, you're looking good! But wouldn't you love to look GREAT? It starts with stepping up your skin game, keeping it very clean. The thing is, African-American facial skin tends to be oily, and the buildup of oil and dirt causes blackheads, pimples and other unattractive breakouts. So, it's essential to use facial cleansers – morning and night – to remove the natural grime.

✿ Foaming or milk cleansers are gentle first steps for removing the daily dirt and oil, while also helping you retain moisture.

✿ Next, apply a toner to remove the more deeply embedded impurities. Toners also tighten your pores to prevent the appearance of sagging skin. Overall, they bring your skin's pH level back into balance.

✿ Last but not least, apply a moisturizer. This provides you a layer of protection from the elements and for women, prepares your skin for makeup. Bottom line: Your Black won't crack if it's properly moisturized on a daily basis!

② Exfoliate Your Skin Twice a Week

In the body's natural cycle, the visible layer of skin cells sheds about every 30 days. These dead cells remain on your skin's surface. Their buildup may be why your face may have an ashy, dry, or uneven skin tone. Get serious about using an exfoliant to complete the skin's renewal process.

✿ An exfoliant is a coarse ingredient such as salt, sugar, pumice or loufah that's used to slough-off dead skin. Exfoliating is important to do because when dead skin cells lay atop your skin without being removed, **your skin can't breathe!** Bacteria sets in and your pores become clogged...