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# The Smashing Truth About Hydrated Skin



Proper hydration is vital to overall health. The right amount of liquid promotes healthy muscles, aids digestion and body cleansing, while keeping the skin smooth, clear and plump.

Low water intake causes dehydration and can result to headaches, lack of energy and weakened immune system. It can also lead to skin dryness making it prone to pimples, blemishes and breakouts.

Hydration is the key to clear and smooth skin. Aside from the moisturizing properties, it releases toxins and stops the build-up of dead skin cells.



To keep our bodies hydrated at all-times, remember to do the following:

1. Drink, drink, drink

We lose water when we perspire. The hot summer weather, exercise and other strenuous activities can trigger our eccrine glands to release sweat. We need to have enough liquid for normal body function and to strengthen our immune system.

Avoid dehydration paying attention to your body. Head for the water dispenser if you are thirsty, feeling dizzy or light-headed. Stop, take a break and drink a glass of water if you are tired and thirsty.

Men are required to drink at least 3.7 liters of fluid a day, while women must consume about 2.7 liters of water a day.

2. Eat water-rich fruits and vegetables.

Aside from consuming liquids you can hydrate by including tasty treats in your diet like watermelon, cucumbers, corn, tomatoes, squash, berries, peaches and other water rich foods.

Whip up a fresh salad, cold soup, low calorie drink or refreshing ice pops using these water rich ingredients.

Hydrating can be fun with delicious and healthy snacks.

3. Follow an advanced skincare routine with a complex moisturizing and skin hydrating system.

Address skin problem areas like pimples, blemishes and breakouts with the Proactiv+ 3 Step Skin System. It uses the Smart Target technology to deliver anti-acne formulation directly to the pores.

The 3-step system starts with a Smoothing Exfoliator. After washing with a facial cleanser to remove dirt, oil and other impurities, apply the exfoliator on damp skin. Give the face a two-minute massage before completely rinsing with warm water.

The second step is the Pore Targeting Treatment which stops the acne at the source. The blemish-fighting solution is directly applied on the pores by spreading it evenly all over cheeks, forehead nose and chin. Leave on face until full absorption.



The final process of the Proactiv+ 3 Step Skin System repairs the skin with the Complexion Perfect Hydrator. The moisturizer heals redness, helps diminish awkward acne marks and brightens skin. Apply on face until full absorption. Reapply during the day as needed. Don't forget to put sunscreen if you need to go outdoors.

The Proactiv+ 3 Step Skin System is available at select Watsons and SM Department stores. The 30-day kit is sold at Php3,250.00 and includes the Skin Smoothing Exfoliator 60ml, Pore Targeting Treatment 30ml and the Complexion Perfecting Hydrator 30ml while the 60-day kit is sold at Php4,680.00 and includes Skin Smoothing Exfoliator 120ml, Pore Targeting Treatment 60ml, and Complexion Perfecting Hydrator 60ml.

Visit Watsons and start your Proactiv+ 3-step Skin System now.