

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.

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.



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

The summer heat also means that skincare is paramount to protect the skin from problems. Address pimples, blemishes and breakouts with the Proactiv+ 3 Step Skin System available at select Watsons and SM Department stores.

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.