How to look good without make-up

We all want to have that fresh look without applying make up to our faces. While makeup is good most of us don’t have the time to extensively beat our faces to perfection every morning.

**Cleanse:** It is important to learn to properly cleanse your face to begin with. A clean face makes you look younger and fresh and it also makes you look neat. This in turn gives you the confidence you need! You can cleanse using a cleanser made specifically for your skint type.We have for oily, dry or combination skin.

   **Sunscreen** should be your best friend. Wear sun protection factor anywhere from SPF 30.You should be able to find many brands in the supermarkets and beauty stores across town. While the results might not be visible now, you will thank yourself as you grow older . Always wear sunscreen to protect your skin especially from premature aging brought on by harsh sun radiation.

**Hydrate:** Drinking 8 glasses of water per day isn’t too hard. Try adding lemon if you dislike plain water but remember that too much acid from the lemon is harmful to your teeth. Water aids in flushing out your toxins and keeping your skin flawless.

**Scrub** your face once per week at least to achieve flawless skin. Scrubbing helps remove dead skin from your face (and body too).

 You should try to keep your eyebrows neat and style them to frame your face shape. This can be achieved by shaving with a razor, threading, waxing or tweezing.

      Lastly keep your hands off your face. Avoid spreading germs from surfaces to your face.

You should also avoid tugging your face to avoid premature aging especially around your eye area.

Those are some of the tips for looking fabulous without makeup, giving you self-confidence to face your day.