

## **Dramatically Reduce Redness, Dry Skin, and Peeling**

Redness, dry skin, and peeling are three different symptoms that often seem to go hand in hand.

Often, but not necessarily always.

Because all three are such common symptoms, having them could relate to a million (okay, maybe slight exaggeration) different problems or diseases. Still, it is possible to treat symptoms, even if it is far better to find out the underlying problem.

In this book, we're going to look at each of the problems one by one. That way, we can take a look at what might be causing them, what tell-tale signs to look for, and how to deal with each problem, individually.

Basically, we'll start from the ground, and work our way up.

By the end of this book, you should definitely be able to reliably take care of any and all skin problems of this kind that you may have. What's more, you should also have a fairly decent handle on how some of these skin problems could be avoided.

After all, it would save you a lot of trouble if you could just prevent repeats of these same problems.

With all that said and done, let's jump straight into the thick of these three skin problems that are all too common.

### **Exactly What Redness, Dry Skin and Peeling Each Entail**

Now, you might think that redness, dry skin, and peeling are all pretty self explanatory... but are they?

Just to make sure we're all on the same page, it seems to be worthwhile taking a moment to specify exactly what we mean by each of these conditions. Then, you can be absolutely certain that there's not going to be any confusion.

#### **Skin Redness**

As you probably expected, skin redness just refers to a patch of the skin that is more red-hued than your normal skin. The type of hue, and just how it got there is something that we won't get into right now.

In a nutshell, all that we're going to classify skin redness as is any type of reddening of the skin whatsoever.

## **Dry Skin**

Likewise, dry skin is mostly what you'd expect of it too. When skin is 'parched', and for some reason lacks moisture and is dehydrated, it tends to be 'dry' and can feel 'tight' or even cracked, as you'd expect of dry earth.

Very common as it is, any kind of dry skin is applicable for our purposes.

## **Skin Peeling**

When the outer layers of your skin start to peel off, that's skin peeling. Now, admittedly, this can actually be due to dry skin, but we'll get into that at greater depth later. For now, as with the other definitions, we'll just leave skin peeling as it is on its own.

Yes, you probably haven't learnt much that is new, but as you have gathered, there is so much interlinking between these conditions that it is necessary to stress that we're going to be dealing with each on its own.

Naturally, we'll be discussing how they can link too, but it is best to see each as it is by its own causes, and solutions. That way there's less of a risk of thinking, "Well, my skin is peeling... so maybe it is dry," and then making a mistake because skin peeling does not mean for a *certainty* that the skin is dry.

Now that we've got that sorted, we're going to start looking at some of the factors *behind* each of these conditions.

## **"What Causes Skin Redness?"**

Unless you've drawn on your skin with a magic marker (which really isn't what we mean by skin redness), your skin has probably started to redden for a reason.

As far as underlying reasons go, there are thousands of possibilities, all of which cause different types of skin redness. In essence though, what is happening below the skin's surface is normally quite simple.

For whatever reason, when your skin starts to redden it might mean that there is increased blood flow just underneath the skin. Of course, this could be brought on

by several different factors, but it normally would involve the blood vessels dilating for some reason.

On the other hand, if your skin is irritated or inflamed for some reason, then it might also turn red while it is ‘wounded’. Mostly, inflammations such as these are harmless, but can lead to further infections, and other problems.

How about we take a look at some of the common conditions that cause skin redness?

### **1. Dermatitis**

In itself, dermatitis actually refers to a wide range of conditions, from eczema, to rashes, and so on. Also, it can have varying degrees of severity, depending on the type of dermatitis.

In particular, contact dermatitis, and atopic dermatitis (like eczema) very commonly cause skin redness. Contact dermatitis is something that you’d most easily know as an allergic reaction.

Atopic dermatitis, however, is caused by a ‘hypersensitivity’ reaction, which may seem to be an allergic reaction as well, but is subtly different.

Both of these would generally cause skin inflammation and redness though, which is enough for us to know right now.

### **2. Sunburn**

Seems like a no brainer, right? And it is. Sunburn is essentially just damage to the skin that is caused by the Sun’s harmful rays, which first manifests as heavy red patches of skin in the effected areas.

Basically, it is a cause of inflammation, and is definitely very common.

### **3. Drug Allergies**

Slightly different from normal allergies as caused by contact dermatitis, drug allergies describe a more specific set of allergies. If you’ve just started yourself on some new medication, and your skin starts to redden, then it is very likely that a drug allergy is the cause.

Be aware though, drug allergies can manifest themselves in many ways, and redness is just *one* sign of it.

#### **4. Psoriasis**

Yet another common skin condition, psoriasis is what appears to be an inherited condition that causes skin redness and irritation. Normally, it does not appear constantly, but rather can flare up and subside for no apparent reason.

Generally speaking, it is caused because new skin cells are ‘rushed’ to the surface, causing a build up of dead skin cells and meaning that the skin appears to ‘redden’ due to all the fresh cells now on the outer layer.

Common as it is, it can take a number of characteristic appearances, but we need not get into those.

#### **5. Acne**

As a disease, acne is one that certainly needs no real introduction. Although it primarily consists of the formation of whiteheads and blackheads on the skin, it also does tend to inflame the skin, causing it to redden.

Depending on the type, and severity, of the acne, this inflammation could be widespread, and thus would require treatment.

#### **6. Herpes Zoster (Shingles)**

Shingles are caused by a viral infection that stems from chickenpox. In some people, after they’ve had a bout of chickenpox, the virus becomes dormant and remains in the nerves, only to become active later on again.

When that happens, you end up with shingles.

As it manifests as a skin rash, the appearance of red patches on the skin is very common, and it is blisteringly painful. Eventually, ulcers form, which then dry and form crusts.

Needless to say, it is far from a pleasant experience, but can be handled, to varying degrees.

From what you know so far, you should be able to see how tackling skin redness is not just as simple as applying one set cream. Because it can be caused by a large number of factors (and we’ve only looked at the 5 most common really), it could be much more complicated than you realize.

Still, let’s move on and take a look at dry skin now.

## “What Causes Dry Skin?”

Normally, skin is soft because it has a coating of fatty substances that make it extra supple by locking in moisture. Of course, if you have patches of dry skin, then it means that something is preventing this from occurring the way that it should.

And the really tricky part is that dry skin could end up actually causing a variety of other problems, which is why it makes sense to tackle it before it gets too far.

Sometimes, the underlying cause of dry skin could really be hereditary, but these sort of conditions are less common.

More often, it is due to outside factors, in particular, the environment that you live in. For instance, if you live in a humid environment, where the air is generally moist, you're less likely to face problems with dry skin.

But if you're living in a country with very dry weather, then you'll find that in both hot and cold weather, the moisture is practically being 'leached' from your skin, leaving it dry.

Even such things as certain types of soaps, or taking prolonged baths, can wash away the coating of protective oil and fatty substances that 'lock in' moisture. Thus, without this coating fully intact, you'll find that you're more susceptible to getting patches of dry skin.

Also, your diet could be playing a very big role. If you have a balanced diet, then you're much less likely to suffer from dry skin, but if you're lacking some core vitamins such as A and C, or not consuming enough fruits and vegetables, then your skin could be generally unhealthy.

Furthermore, regular consumption of substances like caffeine and alcohol can automatically dehydrate your entire body, including your skin. When this happens, it goes without saying that the skin can dry up much faster than it normally would.

In effect, anything and everything that could either damage your skin's protective coating, or cause you to not be sufficiently 'hydrated' can lead to problems with dry skin.

Furthermore, some people actually suffer from oil glands that do not produce enough oil, and this too can impact the protective coating that is keeping moisture in.

Although dry skin is most common from factors such as these, let's just take a brief look at some other conditions that could cause it too:

## 1. Psoriasis

Earlier on, we covered psoriasis and how it caused a buildup of dead skin cells on the surface of the skin. Well, because of this, the skin is able to lock in very little moisture, so it is actually a lot of *dry* skin cells, initially, that eventually die off.

For mild cases of psoriasis, it is even possible to mistake it as just suffering from dry skin.

## 2. Thyroid Disorders

If your thyroid is not producing the level of hormones that it should, then that's going to affect the oil producing ability of your oil glands. As you already know, this could lead to dry skin appearing, because the skin will be unable to keep moisture in.

Although this is much rarer, it is a definite possibility.

## 3. Dermatitis

Just like psoriasis, the redness in the skin is very often accompanied by what appears to be patches of dry skin. Due to the inflammation that occurs when you suffer from dermatitis, dry skin is a very common side effect.

Similarly, even atopic dermatitis, i.e. eczema, can cause the appearance of dry skin over the rash that appears.

Despite the fact that there are other conditions, particularly genetic ones, that can cause dry skin, they aren't at all common.

Still, if you have any sort of condition that is causing your dry skin, or suspect that you are after you've tried to moisturize your skin and it didn't work, then consulting a doctor would be a good option.

Anyway, we'll get more into the treatment options later. For now, let's go ahead and take a look at skin peeling.

## “What Causes Skin Peeling?”

When your skin starts to peel, it can cause a lot of worry. Truth is though, skin peeling is, normally, a very harmless thing, and can be brought on by a number of factors.

If for some reason, a patch of skin were to die, it would normally fall off eventually. However, if all those dead skin cells are linked together and part of the same layer of skin, then it is seen to peel, instead of just drop off.

Thus, generally speaking, any sort of condition that can cause a layer of skin to die off, would cause skin to appear to peel.

Matter of fact, dry skin, which we were just discussing, is one of these causes. When you have a patch of dry skin, it can start to crack due to a lack of moisture, kind of like you would observe in parched earth.

When skin ‘cracks’, the edges slowly start to die, so the skin starts to seem as though it is peeling.

As we said, it is normally quite harmless, although, it definitely could be a sign of an underlying condition that is not so harmless. Anyway, for reasons mostly connected to the unappealing appearance of peeling skin, it is a problem that most people deal with as quickly as possible.

How about a quick look at a few common conditions that lead to skin peeling?

## **1. Sunburn**

Seeing as it is so common, sunburn is quite easily the main cause for peeling skin. When skin is overexposed to the sun, it not only gets dry, but it also can be damaged, hence the sunburn.

Eventually, new skin is grown to replace the damaged skin, and as that happens, the damaged, dry skin is shed in swathes – or in other words, it starts to peel.

## **2. Psoriasis**

Once again, psoriasis is also a cause of skin peeling. If you remember, we mentioned that the dry dead skin collects in clumps at the surface of the skin, and eventually, it ends up peeling off.

As you have undoubtedly noticed, psoriasis is one of those conditions that actually has all three of the symptoms we’ve been discussing.

### **3. Dermatitis**

Likewise, dermatitis also can cause skin to peel. Due to the fact that most all of the types of dermatitis, including eczema, manifest with rashes, eventually that inflammation can lead to the outer layer of skin starting to peel off.

Depending on the severity of the dermatitis, this may be very obvious, or not too obvious at all.

### **4. Blisters**

Well, we all know what blisters are, which is basically just fluid that gets trapped between two layers of the skin. Such a condition can be caused by damage within the skin itself, and happens pretty regularly.

When a blister finally does burst though, it leaves behind a dead upper layer of skin, that will start to peel off gradually by itself.

Without a doubt, this isn't 'peeling' that is extensive or as worrisome as some other types of peeling, as it is generally isolated to one or two blisters that pop up here and there.

Still, there are more serious versions, such as...

### **5. Toxic Epidermal Necrolysis (TEN)**

Of all the conditions we've discussed so far, this is probably the rarest, but it is also the most dangerous. If you have it, you're bound to know about it since it causes blisters that cover the entire body, and then subsequently peel off.

In essence, the peeling is pretty much of the same type as blister peeling, but far more widespread.

Once again, just like the other two symptoms we've discussed, there are many other reasons that could be behind peeling skin. Still, these are the basics, and as you should probably see now, there are many links between redness, dry skin, and peeling.

Which would hint that there probably are ways to tackle them in an all-in-one approach.

True, there are, but first you'll actually need to know which condition (if any) is actually causing the symptoms that you're facing.



So first, let's look at how you could *prevent* these from ever happening.

## **Preventing Redness, Dry Skin and Peeling**

Now, there are a number of steps which you could take to prevent breakouts of redness, dry skin, and peeling. Most of them are really pretty easy, and won't even need you to do anything drastic.

Which is part of the beauty of prevention – it really is easier than treatment.

If you think about it, any steps to increase the general health of your skin would be helpful, but there are some in particular that can specifically help you avoid redness, dry skin, and peeling.

These are the ones that we're interested in, and we're going to discuss them in greater detail right now.

### **Wearing Sunscreen**

Being well aware by now that the Sun can damage your skin pretty heavily through sunburn, you should take steps to avoid it, especially if you intend on spending long hours in the sun.

Thankfully, nothing could be easier, especially with the huge variety of sunscreen that are easily available. With the right type of sunscreen, preferably one that protects against both UVA and UVB rays (the two types of ultraviolet rays that are really harmful to the skin), you should be fine.

Go for a sunscreen with a high SPF number, which would mean that it is able to block out more of those harmful rays.

Just remember to slather sunscreen on all exposed areas of the skin, and you should be able to avoid the redness, dry skin, as well as peeling that often go hand in hand with sunburn. Simple, right?

### **Using Moisturizer**

Naturally, the easiest way to keep your skin from going dry, and then subsequently peeling, is to use moisturizer. So if you suffer from dry skin, then this should be your first port of call, as it is by far the simplest solution.

Some types of moisturizer even include sunscreen, so you could be dually benefiting if you use one of those.

Depending on your type of skin, you'll find differing types of moisturizer that may be best suited to your needs. Most moisturizers that you'd commonly find come labeled with the type of skin that they work best on.

So all you need to do is select one that is said to suit your skin type.

Some experimentation may be required, so don't worry if the very first moisturizer you buy doesn't give you the results that you want. Just try a few, and if your skin still appears dry, consult a dermatologist.

As with sunscreen, be sure to apply it thoroughly to the area that is affected. Try using cream instead of lotion, as it is generally stronger, or rather, more concentrated.

## **Know Your Allergies**

Do you know what you're allergic to? If you don't, then chances are that you may seem to be getting rashes caused by various types of dermatitis pretty often – simply because you're unaware of what you should be avoiding.

One of the easiest things that you can do is to find out what you're allergic to. Now you can either do this by just observing the things that seem to annoy your skin, or you can actually visit a dermatologist for an allergy test.

Once aware of what your skin reacts negatively to, it would be much easier for you to steer clear of those things, and maybe even avoid dermatitis entirely.

Of course, atopic dermatitis (eczema) is an entirely different kettle of fish entirely.

All things said and done though, it is a very good idea to be totally aware of your allergies, as it could save you a lot of pain and discomfort.

And avoiding most forms of dermatitis entirely would also mean that you won't have to deal with the redness, dry skin, and peeling that comes hand in hand with it.

## **Stay Hydrated**

Particularly for those who already have dry skin problems, but really, for anyone at all, staying hydrated is crucial.

Unlike a potted plant though, you don't have to water yourself, but just make sure that you drink enough water each and every day. If you like, follow the '8 by 8' rule, that basically just means drink 8 glasses of water with 8 oz. each, every day.

All that there is to staying hydrated is basically drinking enough water to replace the water that you lose over the course of the day.

Therefore, if you are going to be sweating a lot, due to exercise or just generally being out in the heat, you might want to drink even more water to replace what you're going to be losing in that way.

Being hydrated is its own reward, as you'll find that a lot of dry skin problems you may have had will stop pretty fast. On top of that, your skin's health in general will improve too.

## **Use Gentle Soaps and Cleansers**

Soap is good, cleaning is good, but using types of soap and cleansers that are harsh on your skin could make it raw, cause it to redden, and even dry it up and make it peel.

Although it goes without saying that you should never scrub so hard that your skin turns red, the type of soap or cleanser that you use also counts. Avoid any types of deodorant soap that are harsh and abrasive.

On the flipside, you might want to look into using moisturizing soaps, which actually can help your skin instead of harming it.

That way, you won't have to use as much moisturizing cream, though depending on how big of a problem dry skin is to you, you might still need to use some.

By not actually damaging your skin while you wash it, you'll notice a marked difference your skin's well being. Also, you could limit the redness, dry skin, and peeling that occurs, which definitely makes choosing the right kind of soap and cleanser worth the time spent on it.

## **Keeping Your Skin Healthy**

Well, while we've covered some of the basics that deal specifically with redness, dry skin, and peeling, there are many other things that can keep your skin healthy in general. When your skin is healthy all-round, it is going to be less susceptible to a number of problems.

So why not take things a few steps further?

Maintaining a balanced diet, cleansing your skin (especially facial skin) often, and even going for professional deep cleanses are definitely some other ideas that you could pursue.

Of course, thus far we've only dealt with prevention, and the big question that is probably on your mind is, "How do I treat existing redness, dry skin and peeling?"

Which is exactly what we're just about to get into, actually.

Always remember though, that with just a few simple precautionary measures, you could save yourself a lot of the time, effort and general inconvenience that comes with treatments of existing conditions.

Sure, not all treatments are going to be difficult, but some are, especially for the more severe conditions.

Also remember that if you have, or suspect that you have an underlying condition, then you should definitely consult a dermatologist and seek a professional opinion. A lot of the medication that you require will be prescription-based anyway, so it really is a necessity.

## **Treating Conditions that Cause Redness, Dry Skin, or Peeling**

Actual treatment, as we've mentioned, can be a general pain (in terms of the hassle required) to get into. Still, if you do *already* have an existing condition that needs treatment, then there is little other option.

Over course of the first part of this book, you've seen that there are many conditions that could cause redness, dry skin, or peeling.

In fact, there are some that cause all three as well.

We're going to be focusing on the most common conditions here, and you'll undoubtedly find that it covers a wide range of possibilities. Further information, of course, is best obtained from a dermatologist.

Let's kick it off.

### **Eczema (Atopic Dermatitis)**

Since you already know that eczema is, essentially, a hypersensitivity of the skin that can cause it to flare up and become inflamed, we'll jump right in and look at how it can be treated.

Now this may surprise you, but the most common and widely used treatment for eczema is actually something that you're already familiar with: moisturizers.

Yes, you heard right. Moisturizers. The same kind that we already discussed and recommended for preventing dry skin.

Normally, outbreaks of eczema occur on dry skin, because without the protective barrier around the skin, it is more susceptible to being irritated by outside elements that can cause flare ups.

So with moisturizers to help augment the barrier around the skin, it has been shown that you will suffer from fewer outbreaks – which is definitely a very good thing.

Still, if and when flare-ups do occur, the best treatment currently in use is topical corticosteroids. These range from being very strong, to rather mild, and depending on the severity of your eczema, you should pick the mildest one that is still effective.

Eventually, once your flare-ups are under control, you could wean your skin off the corticosteroids, and go back to simply using moisturizer to prevent further flare-ups from occurring.

Despite the fact that two new treatments for eczema flare-ups are now on the market, namely, Elidel cream and Protopic ointment, their long term effects are, as yet, unknown. Thus, they're normally only recommended if corticosteroids are ineffective.

Also, for people who find the itching that accompanies eczema flare-ups to be unbearable, there is the additional option of sedating antihistamines to numb the sensation slightly. Scratching only makes eczema worse, so if you can't handle the itch, you should definitely pursue alternatives such as this.

With these options, most eczemas are treated fairly well. However, in some cases, none of the conventional treatments work, and at that point your dermatologist will undoubtedly start you on alternative treatments such as ciclosporin, or oral corticosteroids.

If you can get your eczema to a manageable level and then sustain it using moisturizers though, well, you should be able to keep the redness, dry skin, and peeling at bay.

## **Dermatitis (Skin Allergies)**

Treating skin allergies is slightly similar to eczema in a number of ways. For one, it can successfully be prevented by moisturizing skin well and keeping that protective barrier intact. Thus, allergens can be prevented from wrecking havoc on the surface of the skin.

By reducing the likelihood of inflammations, you could very well successfully manage your skin allergies.

However, if you already have flare-ups, the treatment differs from eczema.

For more severe flare-ups, it is advisable that you visit a dermatologist for specific advice. Still, there are some general treatments that have been known to work very consistently and reliably.

One such is antihistamine cream.

By relieving the itching and redness of skin that is suffering from dermatitis, antihistamine cream is able to take care of the more troubling parts of the disease. Just like eczema, scratching only makes the dermatitis worse, and so taking care of the itching is half the problem.

Otherwise, there are a number of other creams that can help, specifically those containing pramoxine, or diphenhydramine. Both of these can alleviate much of the discomfort caused by the itching sensation that goes along with a dermatitis rash.

Because of the specific nature of some allergies, you will need to consult a dermatologist if none of these methods work. Then, you'll have access to stronger, and more targeted medication that will be of more help.

That said, it doesn't hurt to try these first, as they might save you the extra expense.

## **Psoriasis**

Just like the others, psoriasis, as you now know, can cause all three of the symptoms we've been discussing. Dealing with it, however, is not the easiest thing in the world.

On the bright side, there are several options, so chances are that you'll find something that works for you. It might just take a while before you manage to successfully tame your psoriasis to a more acceptable level.

Most cases of psoriasis are treated with topical treatments, which are essentially any sort of treatments that can be applied directly onto the skin of the affected area.

Some of the milder treatments of this variety include:

- 1. Salicylic Acid**

Mild versions are available without prescription, but stronger variants may need one. Goes to work removing the 'scales' that often form on the skin of those with psoriasis.

- 2. Moisturizers**

Doesn't specifically treat psoriasis, but can help soothe the skin, and ease the symptoms as well as prevent the effected area from becoming too dry. Definitely worth trying.

- 3. Tar**

Commonly, this can now be found in lotion, and even soap or shampoo form, and will help with the itching, scaling, and general inflammation caused by psoriasis.

Apart from these though, you would want to probably pursue a more serious treatment plan, while using some of these aforementioned treatments just to accentuate the results.

In particular, corticosteroids have been shown to produce great results with psoriasis. To date, it is probably the most potent treatment against severe psoriasis, but is only prescribed as a last resort, considering that it has several potentially harmful side effects.

Before you resort to corticosteroids, you might want to consider some of the following:

- 1. Light Therapy**

Through use of exposure to various types of light, it has been found that psoriasis can successfully be managed. Two of the common types of light therapy that you'll find now in use are UVB phototherapy and PUVA.

In order to start one of these types of treatment, you'll need to go to a dermatologist, and then regularly undergo therapy in order for it to be effective.

One downside of light therapy is that there can be a pretty hefty cost associated with it, and so you should find out whether or not your insurance policy covers the bill.

## **2. Anthralin**

Basically, it is a type of topical (skin-applied) that is much milder than corticosteroids in terms of its effects, but does not have the side effects that cause many to shy away from steroids.

As an initial trial, it is worth looking into, since if you can avoid corticosteroids, you should.

## **3. Dovonex**

Interestingly enough, Dovonex is a treatment that gets right to the heart of the problem as far as psoriasis is concerned, and slows down the cell growth rate. With less cells being grown and pushed to the surface, psoriasis lesions can be dealt with.

Right now, Dovonex is specifically for scalp and nail psoriasis however.

## **4. Taclonex**

A variant of Dovonex that contains the same active ingredient coupled with a potent steroid, Taclonex works in much the same way as Dovonex, but has the added advantage of the steroid which can reduce the itch and inflammation.

Still, for those who shy away from steroids in general, this might not be the best alternative to corticosteroids.

Without a doubt, you have many more options when treating psoriasis, but these are the most common.

If you do have psoriasis, then the best way to proceed is to first get in touch with a dermatologist, and arrange an appointment. When you do that, you'll be able to have the severity professionally evaluated, and also be able to get a recommendation of the type of treatment.

Be sure to raise any concerns you may have if the prescribed treatment is corticosteroids, and also question your dermatologist regarding the alternatives that you've learnt about here.

With proper treatment, you could be rid of your psoriasis, and not have the redness, dry skin, and peeling that goes along with it.



## **Sunburn**

Being as common as it is, sunburn is something for which you can find hundreds or even thousands of recommendations, out of which only a handful will probably work.

Basically, once you've already managed to burn yourself, the damage can't be reversed and you'll need to wait for your skin to heal. All the more reason to thus wear sunscreen and not get burnt in the first place.

What you can do, as far as treatment goes is to keep the affected area cold and moist. Use moisturizers for the latter, and take nice cool baths for the former. If you can do that, you'll find that you feel very much more comfortable.

Also, no matter what you do, do not 'burst' any blisters that may form.

All that you need to do, and all that you can do really, is to just keep moisturizing the affected area. If the pain is really too much to handle, then you could take an easily available painkiller.

Just sit back, and let your body heal itself.

## **Other Conditions that Cause Redness, Dry Skin, and Peeling**

If you have one of the more rare conditions that cause redness, dry skin, and peeling, well, you'd probably be best served by visiting a dermatologist. Still, as you've probably noticed, moisturizers are a good all-round help, so you should definitely use them too.

Apart from that, your dermatologist will be able to recommend the specific treatment for whatever condition it is that you are having.

**Note:** It is very easy to sometimes misdiagnose yourself by linking together symptoms, and thinking that you have symptoms which you actually don't. That's why before you start treatment for any specific condition, you should have professional advice.

## **Keeping Skin Healthy and Free From Redness, Dryness and Peeling**

So you now know how what can cause redness, dry skin, and peeling. Also, you know how it can be prevented, and how you can deal with it if you do somehow become affected.

All that remains now is for you to implement all of this, and start keeping your skin healthy and free from these undesirable effects.

If you finish this book with one lesson learnt, it should be that preventing such skin problems is far easier on you personally than waiting for them to happen. Not to mention, it's also far easier on your wallet.

At the end of the day, if you're willing to make those few simple changes that will help ensure your skin has a great chance of never being affected by redness, dry skin, or peeling, then that's the best way forward.

Or, at very least, when you do encounter such problems, you'll be able to deal with them in the easiest way possible.