

## Your Skin & your workout

Emma Hobson (seen on BellaMumma)

It's important to know how to get the best from your exercise program and your skin routine, so you have happy, healthy skin. Read on to ensure your workout doesn't work against your skin...

### There are many positives to exercise, these include;

- Through increased levels of blood flow, oxygen and nutrients it helps the skin to repair environmental damage that causes premature ageing, skin irritation and sensitivity.
- Improves collagen production, so improves skin texture and less wrinkles!
- Improves the immune system to fight infection such as skin breakouts.
- Reduces stress which triggers a cascade of problems including premature ageing, triggering acne breakouts and increased pigmentation.
- Can reduce the risk of developing psoriasis by 25-30%
- Increases antioxidant activity which helps prevent wrinkles and other signs of ageing.

### And then, there's the negatives;

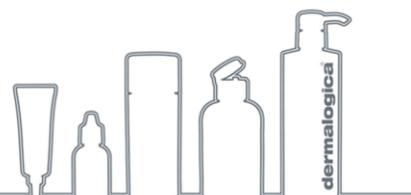
- Increases dehydration and the appearance of fine lines and dull, dry skin. In part this is due to our sweat naturally evaporating from the skin surface, the evaporation of water causes surface dehydration.
- The skin is an organ of elimination, and waste (ammonia, urea, salts and sugar) is flushed out from the body via sweat. It's therefore important to keep the skin really clean post exercise to prevent skin irritation.
- Increased skin sensitivity with redness and irritation
- Increased breakouts and congestion
- Possible increased incidence of skin infections

Emma's effective steps to care for your skin:

#### 1. Pre-workout...

Start and finish with clean skin to avoid breakouts and congestion. A quick and easy way to clean the skin in the gym or out on the road is to use a cleansing-oil wipe or a gentle wipe-off cleanser that doesn't require any water for removal. Remember post work out it's important to remove the sweat, dirt, pollutants, bacteria and dead skin.

Before and after you work out, spritz your skin with a hydrating toner or an anti-inflammatory, calming mist. The Hyaluronic Acid binds, boosts and 'lock' the moisture to the skin. Keep in fridge if you can, it feels so refreshing!



Apply a SPF30-50 water resistant sun screen 20 minutes prior to sun exposure then every two hours after that. Ideally opt for an oil free, non-comedogenic (wont clog) fragrance free product. 'Sport' sunscreens are designed to stay put even when you sweat.

## 2. During your workout...

- Wear waterproof mascara, it's better than panda eyes!
- Keep skin clear of heavy make-up {foundation, blusher, correctors}. If you want some coverage wear an oil free, light-weight, tinted moisturiser with SPF30+
- Keep long hair tied back and off the face, keep your fringe off your face too
- Keep styling products away from hair line, they can cause breakouts
- If swimming in chlorinated water, wear a protective, silicone based moisturiser {water and oil free}. It will cover the skin with a protective, lightweight film.

## 3. Post workout...

**Note:** Wait a few minutes until the skin has cooled down before applying your post workout products so they can effectively absorb.

- Have a cool shower, use cool facial towels and drink cool water. All these steps help reduce the skin temperature and stop it purging (eliminating waste via sweat).
- Apply a hydrating booster/serum post work out under your moisturiser to replenish lost moisture and combat the dryness.
- If the skin is prone to redness post a workout, apply a calming serum designed to bring down the redness.
- Finish with a light weight skin hydrating moisturiser. Nothing too heavy or too active whilst the skin is hot and the blood flow is increased.
- Exfoliate and follow with a clearing or hydrating mask a couple of times per week to keep the skin clear of congestion and super smooth.

### Other things to avoid;

- Touching your face with dirty, sweaty hands to prevent clogged pores
- Repeated rubbing with a towel or sweat band and wearing clothing, glasses or goggles etc. that rub and irritate against your skin as this can cause a condition called 'friction acne'.
- Clean your helmet, hat, sunglasses etc. often as sweaty surfaces collect dirt, bacteria and oil.
- Outbreaks of ringworm, herpes, and methicillin-resistant Staphylococcus aureus (MRSA) are highly contagious and common place for many exercisers, so remember to wear thongs in communal showers!

