

Essential Vitamins for Dry Skin Prevention and Treatment

If you wish to prevent the drying out of your skin or simply to revitalize it and make it more supple and glowing, you need to know not only the right skincare products to use but also the important vitamins you need for dry skin prevention. Vitamin A - Always remember that having vitamin A is necessary to give your skin a healthy, glowing appearance. When there's an absence of Vitamin A in your body, you are prone to developing dry skin. Vitamin B - Fair people are especially in need of vitamins for dry skin prevention and one such vitamin that they're usually lacking is Vitamin B. Vitamin B has similar benefits to Vitamin A. Vitamin C - Popularly known as ascorbic acid, Vitamin C has been proven to help rejuvenate the skin, making it look younger and more lustrous. Vitamin D - Color and appearance, in general, is the main focus of Vitamin D. Be careful when applying any cream or skincare product that contains Vitamin D because too much of it can be quite dangerous for your skin. Vitamin E - Another antioxidant vitamin, Vitamin E has been proven effective in preventing skin damage. This vitamin is ideal if your dry skin is caused by something else other than the lack of moisture. Other Health Tips for Dry Skin Prevention Eat a lot of yellow and orange vegetables that have a particularly high content of beta carotene, which consequently contains Vitamin A. Drink lots and lots of water. Just ask any dermatologist; he'll tell you that drinking water is good for your skin. Avoid excessive intake of alcohol and caffeine; they dry out the skin and rob it of important minerals.

About the Author

Learn everything there is to know about Vitamins, Herbs, Minerals, Nutritional Supplements, Therapies, Natural Health to live a longer, healthier.

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