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6 signs you have healthy skin — even if you think you don't

Author: Elana Rubin

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Having healthy comes down to more than just using products.

- It doesn't take tons of products to get healthy skin.
- In fact, you're probably taking care of your skin better than you think.
- Keeping hydrated with water, wearing sunscreen every day, having consistent skin texture and color, and exfoliating regularly are all signs that you are keeping up with your skin.

With international trends like "glass skin" and the seemingly-natural, perfect faces of models looking like gorgeous, flawless creatures everywhere you look, any perceived "imperfection" on your face, arms, or legs could make you worried your skin isn't great.

But, any slight bit of texture, redness, or discoloration doesn't mean that your skin is in exactly the type of condition it should be. With skin care products everywhere claiming to fix all of these issues, you should equip yourself with the knowledge that maybe your skin is already fine.

Of course, having a regular skin-care regimen is a smart way to maintain healthy skin, but you don't have to go out there buying tons of products for problems you don't actually have. Here are some signs that you already have healthy skin — even if you're not so sure yourself.

Your skin is hydrated enough.



Drink two to three liters of water each day.

Drinking enough water isn't vital only to your internal organs - it's also crucial to keeping the largest organ in your body — your skin — healthy. If you're drinking enough water - which is three liters for biological males and around two liters for biological females, according to WebMD but can vary based on tons of different factors- then your skin is probably hydrated enough.

In consuming the proper amount of water, your skin should be giving off a slight shine - examine your skin while rotating it slowly under natural light. Do you see a sheen? Your body will show dryness or dullness if not, according to VeryWell.com.

You're practicing sun protection daily, no matter where you're going that day.



Sunscreen is not just for beach trips.

"Many people feel they only need to protect themselves on sunny days or when they're visiting the beach," dermatologist Dr. Debbie Palmer told Good Housekeeping. "But the truth is that we need to protect our skin even when we're driving a car, flying in an airplane, or running errands."

If you're actively wearing sunscreen every day — a moisturizer that has SPF is a great way to get smooth and protected skin at once— you're protecting yourself against harmful UV rays, allowing your skin to be its healthiest.

Your skin doesn't feel like anything - it is just there.



You shouldn't feel tightness or dryness.

If your skin doesn't feel like anything, that's a sign that your skin is doing alright. This is both when wearing no products or wearing skin care or makeup on your face.

"You shouldn't feel any unusual or uncomfortable sensations," said Heather Brannon, MD, and dermatologist Dr. Casey Gallagher on VeryWell.com. "For example, has your face ever felt dry and tight after washing it? Dryness and tightness are unusual sensations, and in that case, those sensations were triggered by a cleansing product that is too harsh for the skin."

Any strange sensations — like itching or burning, according to StyleCaster— may have you wanting to check in with your dermatologist or switching up your skin-care routine.

Texture is fine, as long as it's consistent texture.



Skin is not completely smooth.

You may be conditioned to believe that bumps on your face is a sign of unhealthy skin, but that's actually not the case.

"Healthy skin looks and feels smooth," Brannon and Gallagher said on VeryWell.com. "If you look at healthy skin up close, the surface appears to be regularly irregular. This means that the skin is not completely smooth like glass, but has tiny peaks around hair follicles and pores, and tiny valleys in between the peaks."

So while aesthetically, you may want a pore-less, hairless, smooth face, know that having those attributes doesn't make your skin unhealthy at all.

The color of your skin is pretty much the same all over.



If your skin appears discolored, consult a doctor.

A consistent skin color is a positive sign that your skin is healthy and free of some common skin diseases.

If you have an abundance of dark spots or redness, that could be a sign that something else is going on, like eczema, psoriasis, or rosacea, according to WebMD and Romper. If you suddenly see discoloration that's out-of-norm for your skin, seek a dermatologist's expertise and advice on how to proceed.

You're regularly exfoliating your skin.



Exfoliating goes for your face and body.

Dead skin cells can linger on your body, dermatologist Dr. Mona Gohara told Good Housekeeping. So if you're combating that by exfoliating both your face and body regularly, you'll reap the anti-dullness benefits that exfoliation provides.