
Moist skin without stickiness even in summer

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To keep your skin beautiful, it is important to take care of it carefully every day. In this article, we will focus on body lotions that have a refreshing texture and are perfect for daily use. We will introduce how to choose a body lotion and recommend items, so if you are looking for a body care item that suits you, please refer to this article.

Refreshing body lotions are also good for summer care.

Body lotions have a light texture and can be used to moisturize the skin, making them convenient to use. They are refreshing and not sticky, making them a good choice for summer care. They are also suitable for those who don't like rich body care items. In this article, we will introduce how to choose a body lotion and some recommended items.

What is body lotion anyway?

Body care items can be divided into four types according to the balance of oil and water content: body cream, body oil, body milk, and body lotion. Body lotion has the highest water content among the four, and can be used refreshingly. It is like a lotion for the body. It is recommended for those who like body care items that are light and not sticky.

Effects and roles of body lotion

The main effect and role of body lotion is to moisturize. It is used to keep your skin moist and smooth. Some body lotions also have "+α" effects such as whitening effects.

How to choose a body lotion

① Choose a body lotion that contains moisturizing ingredients.

Body lotions are used to moisturize the skin, so it is important to choose one that contains moisturizing ingredients. Moisturizing ingredients in body lotions include the following. The ingredients are listed on the package, so please check before you buy.

Base ingredients (base moisturizing ingredients): glycerin and BG (both hypoallergenic moisturizers)

Other moisturizing ingredients: Na hyaluronic acid, water-soluble collagen, ceramides, shea butter, Vaseline, plant oils

If you have particularly dry skin, choose a type of product with high moisturizing power, such as one that contains multiple moisturizing ingredients.

② Check for "+α" effects other than moisturizing, such as skin whitening and rough skin care.

There are body lotions that provide "+α" care other than moisturizing, such as whitening and rough skin care. Choose the one that contains ingredients that match your concerns and goals.

☐Whitening ingredients (for those who want to whiten their skin): vitamin C derivatives, arbutin, tranexamic acid

☐Anti-inflammatory ingredients (for those who are concerned about rough skin): glycyrrhizinic acid 2K, allantoin

③ Refreshing or moist? Moist? Use according to your preference.

There are many body lotions that are refreshing among body care items, but the texture and feel varies depending on the product, from the non-sticky refreshing type to the moist type. Therefore, it is important to choose an item with a texture that suits your preference. Try out different products and find your favorite.

You can also judge the product by the ingredients it contains to some extent.

If you prefer moisturizing... Glycerin with high moisturizing power

If you prefer a refreshing lotion... BG, which is often used in lotion for sensitive skin

④ What is your favorite scent? Fragrance free? Check the type of fragrance.

Fragrance is also an important factor for daily use items like body lotion. Choose a scent that matches your personal preference. The best scent is one that you feel comfortable with when you use it.

If you usually use perfumes or aromas, I recommend the fragrance-free type that does not mix with scents. Fragrance-free body lotions are also good for those who don't like scented items.

How to Use Body Lotion Effectively

It is recommended to use body lotion after taking a bath.

When you get out of the bath, wipe off the water with a bath towel and then apply the body lotion. The amount of body lotion should be about the size of a 500 yen coin per part. Use a generous amount. If you are concerned about dryness, carefully apply a layer of body lotion to increase the moisturizing power.

If you are using a body lotion that is smooth and slippery, you can also use it for body massage. When massaging, use a little more body lotion than usual to prevent skin friction.

Can I use body lotion on my face?

Body lotion is generally not recommended for use on the face, as each cosmetic product is made to best suit the skin type of the area where it will be used. However, some body lotions can be used on the entire body. However, there are some body lotions that can be used all over the body. If the product says "can be used on face," you can use it for face care.

If you need skincare instruments to promote absorption of lotions, please use the L&L Skin beauty devices. They will help you promote the absorption of your favorite skincare products and make your skin glowing!

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