

Steaming or the application of heat serves multiple purposes in skincare. The foremost is that the warmth helps to open the pores and unclogs the buildup of sebum and dirt inside. So, it is exceptionally beneficial for those who suffer from acne.

Because the heat opens the pores, it helps to transport the active nutrients and phytochemicals from the mask deeper into

the dermal layers. Since steaming makes you sweat, it helps to purge the toxins trapped inside the skin cells. Finally, the sudden change in temperature also helps to increase the flow of blood to the area that is exposed to the warmth.

All in all, steaming is a simple technique to enhance the benefits of your face mask treatment. But, it is not suitable for everybody and should not be used all the time.

Will steaming be right for you?

- Steaming works well for people with oily and acne prone skin as it deep cleanses the pores.
- It is also suitable for normal and combination skin as long as you limit the time spent exposing your face to the heat. But, do not use steaming if you have pustules (pus filled acne)
- Those with aged skin, particularly those in their fifties and sixties should steer clear of steaming and heat application. If you are indulging in it for therapeutic reasons, limit yourself to no more than one round a month.
- People who have a severe problem with acne or other dermal problems such as eczema or rosacea should talk to their doctor before using this treatment and should limit it to no more than once a month.
- Steaming offers wonderful results for very sensitive skin that does not take well

to traditional (read manual and chemical) exfoliation methods. The results won't be as sparkling good as a round of scrubbing but steaming will leave the skin feeling hydrated and plump, without the risk of dermatitis and angry redness.

- That said, exposure to heat will cause some amount of flushing. So, anybody who is struggling with skin redness should stay away from steaming.
- The application of moist heat also works for those in their thirties and forties who are prone to intermittent bouts of acne and have started noticing signs of skin ageing.
- Steaming will yield exceptional results for those with normal and dry skin as the moist heat will quickly hydrate the skin and if oil is applied before steaming, it will penetrate deeper into the dermal layers offering marvelous results.

The two methods of steaming/heat application to the skin!

USING STEAM: You can either invest in a facial steamer or use hot water in a bowl. The core idea is to allow steam to work on your skin. Of course, a facial steamer is safer and easier to use because the surface of the boiling water is nowhere near your skin, and these steamers are available for a few bucks. Plus, they can be used in a host of ways in both skin and health care so they are totally worth the investment.

But, if you want to give steaming a shot before investing in a steamer, just fill a large bowl half way or three quarters of the way with boiling water and hold your face about 10-12 inches from the surface of the water. Cover your head and face with a towel, building a tent around your upper torso and the steamer/bowl with the bath towel. This prevents the steam from escaping.

