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Physical activity will dehydrate the body especially when playing sports. It is so important for active people to regularly hydrate themselves with fluids. This is not only good for the skin but for the body as a whole. It is important to take extra sensitive care by washing your skin using a body wash. A loofah is a luxurious way to use body scrubs in the bath or shower.

If you play a lot of outdoor sports, your skin is especially vulnerable to sun damage. Ultraviolet rays can penetrate and permanently damage your skin. If you play outdoor sports always apply sun block with a high SPF and use it regularly throughout the day.

Light lotion moisturisers will revive your skin and bring welcomed hydration. Choose one that won't clog your pores and that feels light weight once on. Looks for products that are organic, that contain mineral oils and are fragrance free. her

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Quick Skin Care Tips:

1. Avoid sun burn
Protect your skin by applying regular sunscreen, wear light weight clothing and if you can wear a wide brimmed hat.

2. Eat foods that are good and healthy for your skin
Eat a varied and nutritious diet and it's amazing what can happen to your skin - you will see the results.

3. Drink plenty of fluids
Fluid intake is vital for good health and skin, keep your water intake up.