

2 December 2008

By: Nela Gheorghica, Life &amp; Style Editor



Steaming should be an essential step in your weekly skincare routine  
PlanetGreen

## [Face Steam – An Easy Step to Purifying Your Skin](#)

*Like it or not, your skin really needs pampering*

Steaming your face at least once a week is not a whim, but rather a necessity, especially if you are looking for a purified, detoxified skin. You can safely do this in a sauna, or in the comfort of your own home. Skin specialists unanimously agree that steaming is good for stimulating the blood circulation to the face, and for a deep cleaning of it. Steaming should also be the first thing to do before applying a face mask, whose success will thus be guaranteed, as it will help open pores. This, in turn, means you'll get the maximum effect from the product you'll be using, as it will go deep into the skin and do its job properly. For an even stronger effect, try to add to the boiling water a teaspoon of different herbs, like rosemary, chamomile, or lavender, or a few drops of essential oils. The latter also depends on the problem you're trying to solve, as, for instance, tea-tree works for acne, while jasmine and rose oils are good for hydrating the skin. The way this traditional method functions is as easy as it gets: the steams rising from the bowl of hot water work to unblock the pores, which means that all the impurities gathered right under the surface of the skin will be pushed upwards, from where they can easily be removed. The fact that your face sweats is effective for blackheads and acne, and it also eliminates dead cells. Your skin will become softer and it will actually be able to breathe properly again. It will also be deeply hydrated and oxygenated. If you're interested in trying steaming at home, all the necessary "ingredients" are some boiling water, a pot and a towel, and, of course, half an hour that you can spare. Cover your head with the towel (something in the manner of a tent that "sits" on your head but also shields your face) and lean over the hot water in the bowl for about 10 to 15 minutes. Make sure the water is not too hot, or you run the risk of face burns - bear in mind that burning with steaming water is extremely painful, not to mention how long it takes for the blemishes to disappear.