Healthy Skin: **DEFINED**

Optimum skin health is achievable, according to the experts. We asked one for guidance on getting it right.

THE EXPERT

Dr Priya Gill, *consultant dermatologist at Columbia Asia Hospital – Petaling Jaya*

WHAT IS THE DEFINITION OF HEALTHY SKIN?

"Healthy skin is glowing skin," says Dr Priya Gill, a consultant dermatologist at Columbia Asia Hospital – Petaling Jaya. But it doesn't just stop at the skin. "It's when your nails and hair glows along with your skin. And when people start asking you for the secret behind this glow, you know you're doing it right."

5 WAYS TO IDENTIFY HEALTHY SKIN

❶ Even skin tone
Regardless of your skin type and colour, a consistent skin tone is a sign of healthy skin. A slight shadow on certain areas is natural (they emphasise the natural contours of your face), but the gradation should be so seamless that it blends naturally with your skin tone.

❷ Smooth texture
Good skin looks and feels soft. "When you look closely in the mirror, you should see a uniform layout of all the pores, with tiny peaks around the hair follicles," says Dr Priya.

❸ All-over glow
When skin is not too dry or oily – and pores are tight – light is dispersed directly and evenly onto your face and travels back in a straight line, instead of getting scattered. Your complexion will glow in person and in pictures.

❹ Feels comfortable
You shouldn't experience any itchy, burning, dry, painful or tight sensations.

❺ Good hydration
"Skin that is well moisturised feels supple to the touch. You can feel the skin 'bounce' back when you release it. That's how you know that the lipid (fat) barrier is well preserved and causes minimal transepidermal water loss," explains Dr Priya.

It's not just about what products you use. Drink at least eight glasses of water a day and minimise your intake of caffeine, sugar and alcohol. Additionally, protect your skin from UV rays. "Apply at least an SPF 30 sunscreen, every four hours, in our climate," advises Dr Priya.

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