

## BEAUTY AND HEALTH

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**Annotation:** We know that almost all women want to be beautiful. Being beautiful in a natural way is the dream of all women. You can make masks from things you have at home. Applying various masks can cause spots on the face. That's why you need to be careful. When it comes to health, it is an important thing for a person. In this article, you will find some necessary information about beauty and health, and you will learn useful information.

**Аннотация:** Многие женщины хотят быть красивыми. Быть красивыми естественным образом – мечта всех женщин. Маски для лица можно делать из натуральных вещей, которые есть дома. Нужно быть осторожным. Здоровье – это самое главное для человека. В этой статье вы узнаете необходимую и полезную информацию о красоте и здоровье.

**Key words:** Beauty, health, influence of ads, the effect of tobacco and alcohol for health, health promotion, enhance beauty, emotional benefit

All women want to be beautiful. It is not easy to preserve beauty.

Here are 6 tips you can incorporate into your daily life to help you feel healthy and beautiful. **1. Get active.** Exercise is one of the best ways to give yourself a lift. **2. Do not skip breakfast.** **3. Feed your skin.** **4. Look on the bright side.** **5. Stay hydrated.** **6. Snooze away.** Good, high-quality products are safe and effective and may come in particular formulations for sensitive skin and other issues. They can improve the texture and appearance of your skin while protecting it from the effects of the sun, pollutants, and other problems that can also have a negative impact on your health. **Take enough sleep:** Hydrate your body. **Hydrating your body** can alone solve so many problems yet we choose to not keep it as our priority. Beyond physical health, cosmetics can help to improve mood, enhance appearance and boost self-esteem. They can also help to exhibit personal style and, as such, are an important means of social expression. When you are shopping for yourself or those lucky recipients on your list, focus on the seven beauty categories. **Skin care.** Shopping for skin care is always fun, and with so many incredible brands, it's hard to choose what to put in your cart. **Makeup.** It helps you feel more confident. The right products can really boost your confidence. Even if a dramatic lip color is not for you, applying a few subtle essentials can help you feel more pulled-together and, in turn, more confident. **Makeup** also allows you to cover skin concerns that may cause insecurity. **Nailcare,** the maintenance of the fingernails and toenails, is important for health as well as cosmetic reasons. Good nail care can prevent fungus

infections of the nail, painful ingrown fingernails and toenails, and infections of the skin in the hands and feet. Tips for healthy nails: 1. Keep nails clean and dry. 2. Cut nails straight across. 3. Keep nails shaped and free of snags by filing with an emery board. 4. Do not bite fingernails or remove the cuticle. 5. Do not use your nails as a tool, such as opening pop cans. 6. Trim toenails regularly. **Fragrance.** Often perfumes are called fragrances. **To glow up your face:** 1. Get your skincare routine in check. Great skin always starts with a great skincare routine. 2. Try face rolling. 3. Do not forget your lips. 4. Schedule a haircut. 5. Try a deep-conditioning treatment. If you want the shiny and healthy-looking then make the keratin stay on your hair. Keratin is a natural protein that your hair is composed of. Protein-rich foods like eggs, meat, nuts are good for stronger and longer tresses. If you have brittle hair locks then it is time you take extra care of your locks.

**Health**, according to the World Health Organization, is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity. What should we do to be healthy? Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important. Without good health, it is difficult to work. Poor health can lead to a host of other problems such as increased stress, depression and others. Eat healthy vegetables and fruits for naturally beautiful skin. Drink water. Water flushes out the harmful toxins from your skin and makes the skin elastic. Three litre water is mandatory for adult. **Drinking water** also boosts your beauty. **Daily walks** and exercises improve your skin. Do not be lazy. Go for a walk daily or 30 minutes of exercise can make you sweat and improve the skin.

**Smoking** can cause long-term negative effects on the body, including heart disease, cancer, and diabetes. Learn more about the symptoms and overall effects of smoking on the body below. Smoking can harm the organs in your body and negatively impact your overall health. Smoking can increase inflammation throughout your body and negatively affect your immune system. **Effects of Smoking on the body.** 1. Raises overall cancer risk almost everywhere in the body; 2. increases risk of heart attack and heart disease; 3. increases stroke risk; 4. increases psoriasis risk; 5. mental health problems; 6. vision changes or loss; 7. irreversible lung damage and increased risk of chronic lung conditions; 8. fertility problems; 9. delayed wound healing. Smoking and other harmful things are bad for health. That's why I think there should be a standard for everything. It is not good to use everything to be beautiful, it is neither healthy nor cultural.

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15. Overall health/central nervous system, respiratory system, reproductive system, hair, skin and nails.