

Skincare Benefits of Simple Practices

Health · Answer Key · 10 Questions

1. What is a benefit of applying ice on your face?

- A) Increases oil production
- B) Reduces puffiness**
- C) Causes breakouts
- D) Dries out the skin

2. Which of the following is a benefit of steaming your face?

- A) Tightens pores
- B) Removes dirt**
- C) Makes skin dry
- D) Causes redness

3. What is a benefit of drinking water for your skin?

- A) Causes bloating
- B) Clears skin**
- C) Makes skin oily
- D) Reduces energy

4. Face steaming is known to open up what?

- A) Blood vessels
- B) Pores**
- C) Hair follicles
- D) Nerves

5. Besides clearing skin, what other benefit does drinking water offer?

- A) Decreases energy
- B) Improves digestion**
- C) Causes headaches
- D) Reduces hydration

6. Applying ice to the face can help achieve which of these?

- A) More wrinkles
- B) Skin glow**
- C) Dull complexion
- D) Increased sensitivity

7. Deep cleaning is a benefit associated with which skincare practice?

- A) Drinking water
- B) Ice on face
- C) Steaming face**
- D) Applying makeup

8. Which of these is a benefit of ice on the face?

- A) Tightens skin**
- B) Opens pores
- C) Improves digestion
- D) Boosts energy

9. What does face steaming help to do for the skin?

- A) Make it dry
- B) Soften it**
- C) Make it puffy
- D) Make it rough

10. Drinking water is said to boost what?

- A) Fatigue
- B) Energy**
- C) Appetite
- D) Sleepiness