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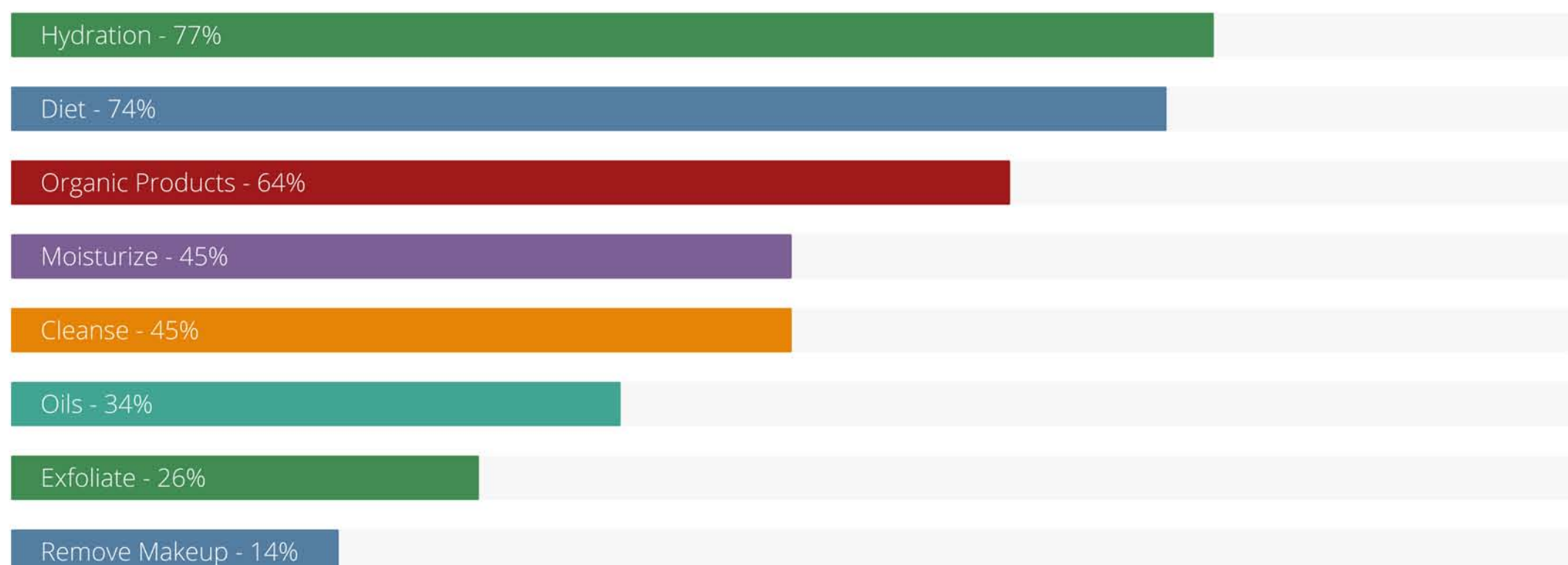
Fix Your Skin's Expert Roundup on Best Organic Skin Care Tips 2017

There are a lot of ways to get [healthy skin](#), but one of the most effective over the generations has been through natural and organic means. When we talk organic methods, there is a lot of information floating around the internet about various techniques through which you can attain healthy glowing skin. But what we wanted to do was to figure out TRUSTED methods that could work for your skin, without any shred of doubt.

So we went ahead and asked the experts what they thought would be the 3 [best organic skincare](#) tips for healthy looking skin?

A Healthy Diet Gives You Great Looking Skin!

A lot of the experts feel that one way to ensure that you get fantastic, glowing skin is to stick to a nutritious and healthy diet. This means lots of fruits and veggies for their exceptional nutrient content.



Hydration is Extremely Important for Skin Wellness

Another important factor that people forget to do is to get rid of makeup at night before they sleep. Again, a lot of people do claim to do this before they get to bed, but are you doing it properly? Dedicate some time to remove all the makeup from your face.

Useful Posts For All Skin Types

- ♦ [Best Vitamin C Serum For All Skin Types](#)
- ♦ [Best Essential Oils For All Skin Types](#)
- ♦ [14 Potent Vitamins for Younger and Healthier Skin](#)

Organic Skincare is a Safe And Fantastic Way to Get Healthy Skin

Sticking to natural skincare products is the key to lasting skin health. To this end, there are a lot of products that are available online which are organic as well as guarantee minimal side effects if used as prescribed based on your skin type and general condition.

Well, now let's move on to the experts who can give you a much more detailed answer to your skin problems. These experts are from varying backgrounds, healthcare professionals, skin care experts and [makeup](#) artists. We hope that you share this with your family, friends and loved ones so that they too can get great looking skin!

Since this post is quite comprehensive, we've created links that you can use to navigate this sea of knowledge a tad easier! Just click on the names of the experts below to go right to their top 3 tips. Or, if you are looking to get all that you can gather, carry on scrolling!

Before we conclude, we'd like to give out a huge, heartfelt Thank You to all the experts who spent time talking to us and getting their thoughts out on this post. You folks are the best!



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Dr. Emmy Graber

Emmy M. Graber, MD, MBA is the founder and president of The Dermatology Institute of Boston where she practices dermatology and teaches aspiring dermatologists. Dr. Graber's practice spans general and cosmetic dermatology and she is nationally known for her expertise in acne, acne scars and cosmetic dermatology. Dr. Graber received her BS in Biology at The Pennsylvania State University and was a member of the Schreyer Honors College. She also completed her medical training at The Pennsylvania State University and graduated with membership in Alpha Omega Alpha Medical Honor Society. After an internship in Internal Medicine, she underwent Dermatology residency training at The Pennsylvania State University/Milton S. Hershey Medical Center. During this time she received the Intern Of The Year Award and was selected by her peers for a Humanism and Excellence In Teaching Award. Following her residency training, Dr. Graber further specialized with fellowship training in Laser and Cosmetic Surgery at SkinCare Physicians of Chestnut Hill. She then practiced dermatology with that group for two years prior to working at Boston University. Dr. Graber taught resident physicians, international physicians in-training and medical students at Boston University where she also was Director of the BU Cosmetic and Laser Center. In 2014 Dr. Graber completed her MBA at the University of Pennsylvania's Wharton School of Business. Dr. Graber has lectured and published extensively in the scientific literature. Additionally, she is frequently cited in the media as an authority in dermatology. Dr. Graber is a regular contributor on national public radio (NPR) and her expert opinions can be seen in O Magazine, InStyle Magazine, and Good Housekeeping Magazine amongst other national media sources.

Look for these ingredients in skin care products to help treat problem skin: Tea tree oil can help a number of ailments from fighting acne to fighting fungal skin infections (like ringworm!). Oatmeal is a natural way to soothe itchy skin. Licorice extract can help soothe reddened sensitive skin.

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