

Alcohol effects on the skin

Who hasn't reached for a glass of wine or a bottle of beer after a long day? In the Western culture, alcohol is a major factor at many get-togethers, romantic liaisons and events. There are cookbooks devoted to several varieties of cocktails, research is also proving red wine has a positive effect on the heart and on blood pressure.

The downside of alcohol is also greatly defined in the news when we hear about drunk-driving accidents, homicide and riots. What we don't always hear about however is the effects it can have on our skin. This could in part be because the advertisement of alcohol is often associated with beauty and glamour.

Many skin disorders can be related to ones excessive intake of alcohol. Skin disorders may include Acne Rosacea - due to the chronic dilation of the capillaries and premature wrinkles - due to its destroying the body's supply of important vitamins such as Vitamin A.

Do you find you can point out an individual who is a heavy drinker and one who is not? They often have that 'dried up look' to them. This is why people with red noses are often referred to as "whiskey nose". The face will flush and a once youthful complexion will disappear before its time. They may appear a little 'rough around the edges'. When consumed, alcohol tends to dehydrate the skin causing it to lose its plump and dewy appearance. Because of this, the face can look sallow and the under eyes can appear darker than normal. The liver is working harder to cleanse the body and it usually happens that the first effects appear in the face. You may notice this effect in your own skin after a night of binge drinking and may take a day or two to fully recover.

It has been proven that women are more prone to skin effects from the consumption of alcohol than men. This is largely due to the fact that men often have more muscle than fat and can therefore more easily digest the alcohol.

The skin is a very important organ as it is the only one visible to the public! We must take care and not get too carried away when alcohol is present. Alcohol doesn't need to be banned from your life, however it does need to be consumed in stride. You will feel better and notice the difference in your skin.