



Shop v Why Mali Mali v Soothing Scoop Contact Us v

be well, do good.™ Taking Care of One's Skin

August 02, 2018



Ever wondered why exactly it is important to take care of your skin?

Sure it can be uncomfortable to have dry or irritated skin, but really, what's the harm? Well, your skin is an extremely important organ that works to protect against infection and serves as your body's primary defense.

So, clear, non-chapped skin can better protect against viruses and bacteria. For those with rosacea, psoriasis, or eczema, you may already know this, but if you have sensitive skin, you are more at risk for irritants to impact your skin and thus cause further inflammation.

Your skin also serves the vital role of protecting you from UV sun radiation by producing Vitamin D. Lastly, your skin regulates your body temperature. Thus, having healthy skin is crucial to keeping a myriad of bodily functions in check, so keep it in good condition.

As always, be well, do good.™

The Mali Mali® Team

