

Did you know that skin is the largest organ of the body? It is a living and breathing system that is often taken for granted.

**Interesting facts:**

- An adult's skin comprises between 10 to 15 percent of the total body weight.
- Each square centimeter has 6 million cells, 5,000 sensory points, 100 sweat glands and 15 sebaceous glands.

Skin acts as a waterproof, insulating shield, guarding the body against extremes of temperature, prevents dehydration, and gets rid of harmful toxins. Skin additionally is a huge sensor packed with nerves for keeping the [brain](#) in touch with the outside world. At the same time, skin allows us free movement, proving itself an amazingly versatile organ.

Skin absorbs and uses nutrients applied topically that sometimes include synthetic chemicals often present in soaps, lotions and other skin care products, which at best it has no use for and at worst can be toxic or irritating. Using natural skin care can make a huge difference than most folks realize.