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How humidity affects your skin? by [Sonia Nathani](#)

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All of us are aware of the term humidity. Humidity can be defined as the term that refers to the amount of water vapor in air. Humid air is not moist air but it is a mixture of water vapor and other constituents of air and humidity is defined in terms of water content of this mixture that is known as absolute humidity. Usually it is called in relative humidity and is expressed in percentage. We can say that when the rain comes we notice that the atmosphere is full of humidity. This humidity causes irritation on our skin and excess of humidity also leads to oil production which in turn leads to development of acne.

So it becomes important for you to protect your skin from sun light and humidity. So there are certain methods that are prescribed by the experts to avoid development of acne. You have to make sure to wash your face at least four to five times in a day or use of a sunscreen lotion, also protects you from acne. Another thing that you should keep in your mind that while going for a shower make sure that the temp of water is under control as of it won't be, then it will lead to irritation and pain. Apart from these factors, diet plays an important role in the development of acne on your skin. This is because if you keep eating oily foods and you are not into having healthy foods, then these oily foods will definitely create a problem for you and your skin. And if you think that acne is creating a major problem for your skin, and then make sure to consult a dermatologist.

Similar to your skin, machines also require certain temperature to function. Therefore, humidity control chambers and temperature control chambers are designed to maintain and regulate the amount of humidity and temperature that needs to be set for a particular material. These chambers are double walled and are made of thick stainless steel sheet. There are number of products that are tested using humidity chambers and this process is known as humidity cycling that can be also used to assess that how moisture can be used to detect the reliability of a product. Then, there are environmental chambers that are used to hasten the natural process of damage that is caused by moisture absorption and desorption that somehow makes it possible for the environmental chambers to determine the long term effects.

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