

## SKIN HEALTH CARE TIPS

- ◇ Protect yourself from the sun -- apply sunscreen and avoid direct sunlight between the hours of 10 and 2. Choose a sunscreen with a Sun Protection Factor (SPF) of at least 15, and follow directions carefully paying attention to expiration dates.
- ◇ Don't smoke. Your skin is a large organ and it needs a lot of circulation. Smoking impairs that dramatically. That's why smokers' skin looks dull and gray. Instead of having oxy-generated blood delivered to the surface of the skin, they're getting poisons and oxidants.
- ◇ Get adequate rest and nutrition. Protect yourself from stress -- both emotional and environmental stress.
- ◇ Wash your face twice a day and put on the proper treatment product. Touch your face less and wash your hands more!
- ◇ It's very tempting to pick, poke, squeeze, and scratch in front of the mirror. But the more you traumatize the skin, the greater your risk of scarring. Apply treatment products and let them work.
- ◇ Instill good sun protection habits in your children at an early age. The damage that leads to adult skin cancer can start in childhood.
- ◇ Keep your makeup clean. Replace the sponges in your compact on a regular basis. Now and then, toss the whole works and start fresh -- the average shelf life for cosmetics is 6 to 12 months.