

# Health Watch

## Sensible skin care routine is advised

Now that spring is here and summer is fast approaching, it is important that you get your skin in shape and prepare for the summer.

Even though it is impossible to stop the harsh effects of the extremes in weather, a sensible skin care routine may help to lessen the damage and wear and tear on your skin. Good, simple skin care should only take minutes and can be done easily in the convenience of your bathroom. So, all excuses aside, following these three easy, basic rules in your daily skin care routine will help you on the road to healthy skin:

Cleansing, although important, should be a gentle affair. Over-washing, the use of detergent based soaps and overly hot water remove the skin's natural oils and contribute to dryness.

Exfoliating with a loofah or body grains will rid the skin's surface of dull, dead skin cells and give it a healthy glow and smooth texture.

Moisturizing is important because your skin produces natural oils and has a water content of 10-20% and cold, dry weather robs your skin of this valuable moisture. The liberal use of an effective moisturizer in the morning and at night will soothe and soften your skin while

providing a barrier against moisture loss. Applying your moisturizer to slightly damp skin seals in additional moisture more effectively.

Whether you have oily, dry, combination, or sensitive skin, your overall skin characteristics can vary from one part of the body to another. You may have a concentration of oil glands in one area and almost none at all in another; thick, rough skin may be prominent in one body area and delicate skin in another. No matter what your skin type, your daily skin care routine should not neglect any part of your body.

### DAILY ROUTINE

To achieve overall effective

skin care, here are a few easy tips to add to your routine that can be done right in the shower or bath.

- Once a week, a body gel or cleanser may be applied to a loofah to gently remove dead skin cells on your back, hips, thighs, chest, shoulders and back of arms to leave them smooth and silky. A soapless cleanser such as Alpha Keri Cleansing Gelee with Collagen will gently cleanse without drying the skin.

- After a bath or shower just remember not to rub too hard; you want moisture on your skin not your towel. Gently pat dry then massage a rich moisturizer all over your body while skin is still slightly damp. A therapeutic moisturizer will help soothe and protect the skin from dryness.

- Shaving regularly will exfoliate your legs, but it can also irritate your skin so be sure to massage your legs afterwards with an extra rich, emollient

moisturizer.

- Hands are one of the first areas to show signs of ageing and are most frequently exposed to wind, cold and detergents. Remember to use a moisturizer each time you wash and dry your hands.

- Feet take a particular beating and often need special attention. To do a quick pedicure, first soak your feet in warm water with a few drops of bath oil, then use a pumice stone to slough off calouses and dry skin. Moisturize and then cover your feet with socks overnight to lock in moisture.

Your skin, the largest, most versatile and remarkable organ of your body, interacts with all other organs in your body and performs a number of complex functions. Therefore, it deserves your daily attention and special care - so don't neglect your skin when achieving a beautiful, healthy glow couldn't be easier.



Art exhibition

Georgetown resident and artist Jo Walterson held a showing of her paintings in conjunction with the Forge Studio Gallery in Terra Cotta last Saturday.

The Jo Walterson's Studio is on the top floor of the Forge Studio Gallery. Pictured above is Ms. Walterson with one of her paintings entitled "Calla Lillies" which is done in acrylic. (Herald photo)

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