

Beauty Basics

Natural Skin Care

(NAPSA)—The skin is your body's largest organ—and all people, young and old, active or not, need to take care of it. The good news is you don't have to spend big bucks to nurture the skin you're in.

For instance, something as simple as using goat's milk soap and lotions can make a difference in the look and feel of skin. The milk has been used in skin care for centuries (Cleopatra is said to have



Goat's milk has been used as a natural beauty remedy for centuries.

bathed in it), and its unique molecular structure makes it an ideal moisturizer. Goat's milk soaps such as Canus Goat's Milk Soap with Marigold Oil and Orchid Oil even include natural ingredients to help soothe itchy skin and increase skin immunity. The Goat's Milk Lotion was developed to bring the natural moisturizing properties of fresh goat's milk to a body lotion. To learn more, visit www.canusgoatsmilk.com.

The soaps, which also have anti-inflammatory properties, are available in fragranced and fragrance-free versions—and the 5-ounce bar is triple milled for hardness, making it longer lasting. You can find the soap in stores and online at drugstore.com, cvs.com and amazon.com.