

Skin Care News & Notes

Protecting And Perfecting Your Skin

(NAPSA)—Renowned dermatologist Jeanine Downie, M.D., of Image Dermatology has some advice for Hispanic women on keeping their skin soft, smooth and protected.

“Hispanic women have specific skincare needs,” says Dr. Downie. “My patients always want to know how to achieve an even skin tone without overdrying their skin or further darkening brown skin spots.”

To achieve flawless-looking skin, she suggests choosing skin care products with at least one of the following key ingredients: glycolic acid, SPF 30 and hydroquinone.

- “Patients are always asking how they can get Salma Hayek’s and Jennifer Lopez’s smooth skin tone and even texture,” Dr. Downie reports. She recommends washing your face with a gentle exfoliator that contains glycolic acid, which helps improve the skin’s appearance by evening tone and texture. Another easy trick? Use a warm, damp washcloth to softly remove dead skin cells.

Follow cleansing with both a facial and a body moisturizer to keep skin hydrated and looking soft. It’s a good idea to look for products that provide 24-hour moisturization and contain nourishing natural ingredients such as shea butter, which helps restore skin’s elasticity, and olive oil, which attracts and retains moisture. Dr. Downie recommends the award-winning AMBI® SOFT & EVEN™ Creamy Oil Lotion, which was recently named “Producto Estrella” in People en Español’s “2010 Star Product Awards.”



Beautiful skin may be easier to achieve than many women realize.

- Forgoing sunscreen puts Hispanic women at risk for skin cancer, increases the effects of aging and further darkens dark spots. Always look for products that contain SPF 30 or higher; they’ll not only protect your skin from burning but also keep skin looking beautiful and even toned. “You should wear sunscreen throughout the year, rain or shine, regardless of how light or dark you are,” cautions Dr. Downie.

- Finally, hydroquinone is the smart woman’s secret weapon for battling brown spots due to hyperpigmentation. “Hydroquinone is the ‘gold standard’ in effective skin lightening and safely fades dark spots,” explains Dr. Downie. “The highest percentage you can get over the counter is 2 percent, which you can find in products such as AMBI® Fade Cream.”