

Skin Care News & Notes

Recipe For Healthy Skin

(NAPSA)—Here's the skinny on gearing up for warm days and nights: erase the effects of rough weather, such as dry, flaky and itchy skin, chapped lips, even dry cuticles and cracked heels.

To help, New York City dermatologist Dr. Mark Kaufmann recommends the following:

- **Watch the weather report to determine what moisturizer you should be using:** Weather can be fickle and changes in temperature can leave skin feeling dry one day and fine the next. Dermatologists say creams and ointments are good for colder weather, as they are more effective at holding moisture in skin and helping heal very dry areas. When the weather turns milder, a lighter lotion is more appropriate. Ask your dermatologist or pharmacist for a moisturizer that's effective and safe for sensitive skin, and free of potentially irritating fragrances or dyes.

- **Heal Those Itchies:** The persistent dry, itchy skin often caused by winter doesn't always go away once the seasons change. For effective relief, there's Calming Creme from Eucerin, a nongreasy and fast-absorbing moisturizer specifically made for the daily maintenance of persistently dry, itch-prone skin. It's formulated with oatmeal to calm the itch but nonirritating, so it's safe for even very sensitive skin.

- **Lock In the Moisture:** To heal very dry skin, apply an effective, lasting moisturizer to damp skin. Dr. Kaufmann recommends you apply moisturizer immediately after a shower or bath. "That way you won't lose the moisture from your skin the same way the steam rushes out of the bathroom when you open the door," he says.



When the weather turns mild, dermatologists say, a light lotion is the appropriate moisturizer.

- **Keep a multipurpose moisturizer handy:** Every makeup bag or purse should have a multipurpose moisturizer such as Aquaphor Healing Ointment, for chapped lips, cracked cuticles and dry skin patches.

- **Shield Skin from the Sun:** Use an effective facial moisturizer with sunscreen year-round. Go for a moisturizer containing sunscreen of at least SPF 30, specifically formulated with physical and chemical sunscreens to shield facial skin from the sun's harmful UVA and UVB rays. Protect lips with a long-lasting lip balm containing sunscreen.

- **Put Your Best Foot Forward:** Undo the damage of dry, rough feet with an alpha hydroxy moisturizer that exfoliates while moisturizing. Moisturize severely cracked heels overnight by applying a thick moisturizing ointment and covering with cotton socks before going to sleep. In the morning, feet will feel and look softer and healthier.

Following a few simple skin tips may be all it takes to get skin set or looking sensational. For more information, visit www.Eucerin.com.