

Skin Sense

facts from the experts

Heal Your Tortured Feet

(NAPSA)—Winter weather can make our skin dry and itchy from head to toe. Natural oils produced by the glands in the skin help it retain moisture, but our hands and feet lack the oil glands that are present on all other skin surfaces. Without this oil, the skin on the hands and feet suffers most when exposed to excessively cold outdoor temperatures and dry indoor heat.

To help avoid winter's skin irritations, painful cracks, and unsightly appearances, cosmetic dermatologist Eliot F. Battle Jr., M.D., recommends practicing good skin care now, before the cold winds begin to blow. Here are some of Dr. Battle's tips:

- Moisturize, moisturize and moisturize again. This is especially true after bathing or hand washing. Make sure you pat your skin almost dry. While the skin is still damp, apply a moisturizer to hold the water in and keep the skin from drying.

- Add oil to your bath. The oil will soothe dry skin and help lock in moisture.

- Exfoliate patches of dry skin as soon as they appear. This helps to prevent the skin from breaking down and cracking.

- Wear clothes—especially gloves and socks—made of natural and comfortable fibers. Cotton is more soothing to the skin than nylon, wool and rubber. Cotton will help the skin keep natural fluids in, while absorbing excessive perspiration that can cause dry skin.



In part due to high heels, women have about four times as many foot problems as men.

Fortunately, there is a variety of moisturizers that can help prevent and treat dry, cracked skin. Flexitol Heel Balm, the foot care treatment of choice for the 2005 Los Angeles Film Festival, heals rough, dry and cracked feet and prevents blisters and friction during exercise and when "breaking in" new shoes. The strongest topical anti-fungal medication available without a prescription, Flexitol Antifungal Liquid is formulated with a proven ingredient that is effective against a variety of fungi. Tapping into the power of Tolnaftate, a proven anti-fungal agent, Flexitol Medicated Foot Cream delivers multi-action relief for a broad spectrum of symptoms including itching, burning, cracking, scaling and the overall discomfort that athlete's foot delivers.

Learn more at www.flexitol.com.