

SKIN SENSE

The Science Of Healthy Skin

(NAPSA)—If you're not happy with the skin you're in, chances are you haven't faced up to a few skin care facts. The following points can help you keep skin luxuriously smooth and healthy.

Skin Science 101

The skin is the largest organ in the body and comprises about 15 percent of your weight. That means if you weigh 120 pounds, about 18 pounds of that is skin. There are three main layers to your skin. The epidermis is the topmost layer. Its condition determines how "fresh" your skin looks and how well it absorbs and holds moisture. The dermis is the middle layer. The condition of the dermis determines how resilient and elastic skin is. The subcutaneous tissue is the innermost layer. This layer predominantly consists of fat cells that act as shock absorbers and heat insulators.

Skin Care 101

Keeping skin healthy and moisturized does not have to cost a lot of money—or take up much time. For instance, a product called Zim's Spa Gloves can soften hands in about five minutes. The gloves are lined with a naturally based hazelnut oil formula. When the gloves encounter body heat, they release botanicals and vitamins that hydrate and soften hands. The gloves require no pre- or posttreatment and no cleanup. They can be good for women who do not have time for, or do not want to use, overnight moisturizing gloves.

Drink Up

Your skin is about 70 percent water, so it stands to reason that you need to drink plenty of liquids to maintain its health. Doctors suggest drinking eight glasses a day.



There are a number of quick and easy ways to keep hands moisturized and looking young.

Skin is also 25 percent protein and two percent lipids. That's one reason eating the right foods can help keep skin looking its best. Doctors recommend getting plenty of vitamin E in your diet, and eating omega-3-rich fish such as salmon at least once a week.

Come Clean

Try not to spend too long in a hot shower or bath. The hot water strips skin of its natural protective barrier and can sap skin of its moisture—especially in colder months, when skin tends to be damaged to begin with. After getting out of the bath or shower, gently but thoroughly dry your skin by patting (not rubbing) it with a towel. Then apply a heavy moisturizer to your body.

For more information on keeping skin healthy, visit the Web site www.crackcreme.com.