

# Understanding Our Skin



*Your skin is your body's largest organ and it plays a vital role in maintaining your health and wellness. It's wonderfully resilient and can survive a great deal of punishment. The skin is the body's boundary layer, tough enough to resist all sorts of environmental assaults, yet sensitive enough to feel the slightest touch. The skin creates the first line of defense against possible invasion of bacteria and germs, while maintaining the body's internal environment within a few degrees of normal throughout our lifetime.*

## **Self Care**

*When washing your face, use tepid (never hot) water and a washcloth or sponge to remove dead cells. Use a mild soap. You may need to clean oily skin two or three times a day. In general, avoid washing your body with very hot water or strong soaps — bathing can dry your skin. If you have dry skin, use soap only on your face, underarms, genital areas, hands and feet. After bathing, pat (rather than wipe) your skin dry, then immediately lubricate it with an oil or a cream.*

## **Your Skin is Priceless**

*Match cosmetics to your skin type: An oil base is suitable for dry skin, and a water base is suitable for oily skin.*

- For women, remove eye makeup before facial cleaning. Use cotton balls to avoid damaging the delicate tissue around your eyes.*
- Shaving can be hard on a man's skin. If you shave with a blade razor, always use a sharp blade. Soften your beard by applying a warm washcloth for a few seconds; then use*

## **Moisturize**

*Moisture is critical to good skin health because it helps maintain a good skin barrier and creates a flexible, pliable skin that is soft to touch. Moist skin will tan better and more evenly.*

## **Moisturize with Oil**

*A good moisturizer not only will add moisture to the skin, but also add some oils to the skin. People with severe dry skin require a moisturizer with more oils than a person with slightly dry skin.*

## **Moisturize with Vitamins**

*A good moisturizer will help replace the vitamins skin needs. Vitamin E, or tocopheryl acetate, is a potent antioxidant that should be found in a good moisturizer. Vitamin C acts in concert with vitamin E in a healthy antioxidant system.*



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