

Skin Care

Moisturizing your skin is important for your appearance and your health. Did you know that it can also enhance your sense of touch, making it easier to identify items?

Dry skin can negatively impact the sense of touch. But moisturizers can keep your skin healthy, supple, and smooth.

Use a moisturizer frequently. Try lotions, body butters, creams, and ointments. These moisturizers keep water in the skin layers. Moisturizers with sunscreen protect you from the sun's ultraviolet (UV) rays.

The sun's UV rays can cause cataracts and inflammation of your corneas. Inflammation of your corneas is like having a sunburn on your eyes. Too much time in the sun can lead to eye cancer. Sunglasses with 99 to 100 percent protection from the sun can be helpful.

Whether or not you wear makeup, make daily skin care a habit. Treat yourself to facials done by a professional.

When you apply makeup to dry skin, this may make the makeup sticky, and it may seep into fine lines on your face.

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Apply a light cream or moisturizer first. Make sure that the moisturizer is completely absorbed into your skin. If necessary, apply a serum or eye cream, and a primer. Put on sunscreen. Then apply your makeup. Maybe put lip balm on first, before lipstick. Your lips will be moisturized, and the color will last longer. See Hadley's makeup workshop for more tips!

Makeup with SPF included is available. If the SPF is lower than 30, apply more sunscreen, especially if you're planning to be outdoors for a long period of time.

To keep your skin healthy, cleanse your face at night. First, pull your hair away from your face. If you're wearing makeup, use a makeup remover, especially around your eyes, lash line, hair line, lips, and neck. Coconut oil can be a great natural makeup remover. Apply the makeup remover with cotton pads. Then remove the makeup with wet wipes. Wash your face with warm water and a mild soap or a facial cleanser. Rinse your face completely to remove any soap or cleanser residue. Then apply your night cream to help repair or restore the skin.

Organize your soap, facial cleanser, moisturizer, and hair products to make them easier to find and use. Shower caddies, available at most department stores, are useful.