



GENTLE SKIN CARE RULES

Bathing: When bathing/showering, use only warm (not hot) water, and limit bathing time to 5 minutes only. Avoid deodorant soaps and Ivory. Soap does not need to be used everywhere, but just in the genital areas, underarms, hands and feet,

Recommended soaps:

Dove Sensitive Skin Unscented Beauty Bar

A pure olive oil bar soap (fragrance free with ingredients of only olive oil, water and sodium chloride). Kiss My Face and Papoutsanis are two good names.

Moisturize frequently, The best time to moisturize is immediately after bathing. This seals moisture into the skin. However, if the skin is dry you may need to apply moisturizer several other times during the day. Use thick creams, not lotions.

Recommended moisturizers:

Vaseline petroleum jelly (plain) - can even put this on dry areas before shower

Aveeno cream

Eucerin cream

Cetaphil cream

CeraVe cream

Neutrogena body emulsion

Neutrogena hand cream

Lac-Hydrin cream

Vanicream

Laundry: Avoid fabric softeners as they have fragrances that may irritate the skin. Use mild detergents such as All Free.

SUNSCREENS

Sunlight contains two main types of rays - UVA and UVB - both contribute to the development of skin cancer ... and wrinkles! Your sunscreen should be broad-spectrum, meaning that it blocks both UVA and UVB rays. Look for a sunscreen that contains at least one of the three following ingredients: avobenzone, titanium dioxide or zinc oxide. But the easiest way to know your sunscreen is good is to look for an SPF of 15 or 30 and the words "broad spectrum" (those words are regulated by the FDA).

-For daily use SPF 15 may be sufficient. If you will be involved in outdoor activities you should use a sunscreen with SPF 30 or higher.

-Apply the sunscreen 20 minutes before you go outside, and reapply every 2 hours.

-Sunscreen should be applied liberally. Don't forget to apply to your ears, neck and scalp (if your hair is thin).

-Use other methods of sun protection as well - cover up with clothing, wear a wide-brimmed hat, and find shade! Try to avoid sun exposure when the sun's rays are the strongest, from 10 AM to 4 PM.

Special considerations:

-Sensitive skin - try Neutrogena Sensitive Skin SPF 30 or Vanicream Sunscreen. These products contain titanium dioxide or zinc oxide, which are considered physical blockers and are less irritating.

-Acne prone skin - gel sunscreens are less likely to clog pores.

-Thin hair - hats will afford the best protection, but if that's not practical, try a spray sunscreen