

wellness

SKIN CARE

Take Care of Your Skin

Want healthy skin? Besides protecting yourself from sun damage or fake bakes from tanning beds, keep your skin looking good by not smoking, washing your skin carefully, using a moisturizer if you need one, keeping fit, eating right and drinking plenty of water.

REVIEW ONLY

School Datebooks

"Like a handsome man of the class of '97: Wear sunscreen. If I could offer you only one tip for the future, sunscreen would be it."

—Mary Schmich

Smoking Causes Early Wrinkles

What does smoking have to do with your skin? It narrows the skin's blood vessels, decreases blood flow, depletes nutrients and speeds up aging and wrinkling.

DO NOT SUBMIT

Go for Clean, Healthy Skin

While scrub-a-dub-dub may have been okay for those three men in the tub, your skin prefers mild soaps, warm rather than hot water and maybe a moisturizer—if your skin feels tight 15 or 20 minutes after your shower or bath.

Like the rest of your body, your skin likes exercise so it's well toned and healthy foods so it gets the nutrients it needs.

FOR PRINT

