

Skin Essentials

A Little Zinc Each Day Keeps Skin Woes At Bay

(NAPSA)—While warm weather fun—lounging by the pool, splashing in the waves and enjoying the great outdoors—can leave one looking and feeling a little well done, there are ways you can save your own skin and scalp.

Along with the sun, chlorine and salt water can dry and irritate skin. Sun protection—slathering on a high-SPF lotion, wearing hats and seeking the shade—is important, but when it's already too late for a defense strategy, soothing solutions are the order of the day.

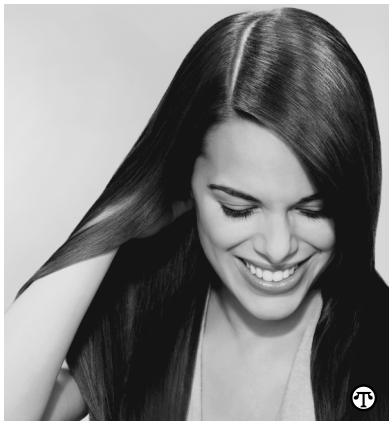
Soothing Solutions

According to Dr. Barbara Schell, leading dermatologist at Ageless Medical Spa in Seattle, one of the key ingredients to maintaining comfortable skin can be zinc. “Found in sunscreens and after-sun chamomile lotions, zinc naturally protects and soothes overexposed skin,” she says.

Use Your Head For Comfort

Another remedy is a gentle cleanser that can soothe a delicate scalp yet leave hair soft, manageable and beautiful.

“My clients should take the same precautions used on their skin with their scalp,” Jason Hayes, hair and wig designer for



Just as you protect and soothe your skin from the harsh rays of the sun, your hair and scalp could use some aid and comfort, too.

Broadway stage and Hollywood screen productions, advises. “I recommend a gentle product that contains targeted moisturizers and helps eliminate dandruff, such as Head & Shoulders Sensitive Care.” It contains a HydraZinc formula, aloe and target moisturizers to help create a healthy scalp and beautiful hair regardless of whether you have any dandruff.

Learn More

For more information, visit HeadandShoulders.com.