

Skin Care

Save Your Skin From Stress

(NAPSA)—Wearing your heart on your sleeve is one thing; wearing your stress on your skin is another. It's something you don't want.

"Stress is responsible for 70 to 90 percent of doctors' visits," explains Cynthia Ackrill, M.D., Fellow of The American Institute of Stress. "Its effects are particularly harsh on the skin, causing premature aging and advancing the symptoms of every common skin condition from sensitive skin, to eczema and psoriasis, rosacea, and chronic dry skin."



You don't have to let stress distress your skin.

Fortunately, although 75 percent of adults report stress in the past month, it is possible to prevent and correct irritated, itchy, uncomfortable skin and the visible signs of stress: excessive redness, blotchiness, breakouts and looking tired and dull.

The chemists at Kiehl's Since 1851, the venerable New York-based purveyor of fine-quality skin care formulations, created an industry-leading formula to address the signs of internal stress that show up on skin. Kiehl's Skin Rescuer Stress-Minimizing Daily Hydrator works to minimize them with key ingredients including chamomile, glycerin, and shea butter for hydration, rosa gallica to minimize the inflammatory response, and, to protect the skin barrier from future reactions, mannose, squalane and lipids called ceramides. Clinical tests showed improvement in a week.

For more information about Skin Rescuer and other skin care from Kiehl's Since 1851, visit www.kiehls.com/Skin-Rescuer.