

Skin Essentials

How To Save The Skin You're In

(NAPSA)—While you can't stop time, you can keep your face from reflecting your age. Here are a few hints on how:

Skin Care Smarts

- The experts at the U.S. Centers for Disease Control (CDC) say one of the best ways to protect your skin is to stay out of the sun. Ultraviolet light causes deep wrinkles; dry, rough skin; liver spots and serious disorders such as skin cancer. Try to avoid the sun between 10 a.m. and 4 p.m. Wear wide-brimmed hats and sunglasses and use sunscreen with a sun protection factor (SPF) greater than 15. Apply it liberally 20 minutes before going out and reapply every two hours or after being in water.

- Don't smoke. Smoking accelerates skin aging and increases wrinkles. It narrows blood vessels in the skin, which decreases blood flow, depleting the skin of oxygen and nutrients, such as vitamin A. It also damages the fibers and collagen that give skin strength and elasticity.

- Wash your skin gently. The CDC says to wash your face with soap or mild cleanser and water in the morning, evening and after exercising. Use warm water; hot water removes oils from your skin.

- Pat dry. After washing or bathing, gently pat or blot your skin dry with a towel so some moisture remains on the skin. Moisturize immediately to seal in natural moisture levels.

You may care to consider a new way to apply antiaging lotions. New from Italy are "pearls" that contain the highest concentration



Proper care can help keep your skin looking and feeling more youthful.

of antiaging ingredients available over the counter. They're not diluted with water or any other kind of filler but sealed into tiny, individual soft-gel capsules.

The retinol serum, for example, repairs damaged skin, stimulating collagen production and promoting healthier skin cells to give the appearance of smoother, firmer skin. You can also get pearls full of Vitamin C and the coenzyme Q10.

Apply the serum every evening to a freshly washed face. You just pick up a Perlabella PureDose Pearl, twist off the special tip and apply a small amount to your fingertips. Gently massage it into your skin. The microsponges inside the pearl slowly release the antiaging ingredients.

Learn More

You can learn more about the pearls and where to get them online at www.perlabella.com or by calling (847) 277-7705.