

Quick Fixes For Healthy, Hydrated, Beautiful Skin

Discover How Everyday Habits Might Be Damaging Your Skin

(NAPSA)—Skin, the body's largest organ, is exposed to harmful elements every day. However, there are simple things you can do to prevent dryness damage and help keep your skin looking healthy and beautiful. You may be surprised to learn that some everyday habits can be harmful to your skin.

Habit No. 1: Getting Clean with Soap

The soap you shower with every day can be contributing to dry skin damage. The tight feeling experienced after washing with soap is actually leaving your skin dry and covered in a layer of soap scum. Soap causes damage to the stratum corneum (the top layer of skin) resulting in loss of moisture, which over time contributes to dullness and the appearance of fine lines. When regular soap mixes with calcium found in hard water, a layer of soap scum is formed. Soap scum residue on skin can further increase soap's negative effects on skin.

Beautiful Skin Fix: Use a mild, soap-free cleanser such as Dove Beauty Bar for the best skin care results. It only leaves natural moisturizers that help repair and rebuild your skin. The unique formula adds moisture every time you wash, which over time reduces the appearance of fine lines and improves surface texture of skin. Skin is left feeling moisturized, healthy and beautiful.

Habit No. 2: Letting Dead Skin Cells Build Up

Even if you are regimented about cleansing your skin each day, dead skin cells can accumulate on the surface if you do not exfoliate. These cells can build up



on skin's surface, leaving it looking dull and potentially clogging pores, leading to breakouts.

Beautiful Skin Fix: Put a little more muscle into cleansing your skin once or twice a week to help shed dead cells on the skin's surface and reveal a more radiant complexion. Using a soft washcloth or shower pouf can help remove buildup on the skin's surface.

Habit No. 3: Blasting Your Home with "Dry" Air

The heating and cooling system in your home is designed to keep a comfortable living temperature, especially while you sleep. The same system may also be contributing to skin discomfort and dryness. Furnaces and air conditioners rob air of moisture, leaving very little humidity to properly keep skin moisturized.

Beautiful Skin Fix: Consider using a humidifier to help regulate your environment. This will help put back the moisture lost from heating and cooling units, helping skin maintain its healthy moisture balance.