

S K I N

F a c t s & F a n c i e s

Safety Sense

(NAPSA)—Heeding a few hints from dermatologists can help you protect the skin you're in:

Limit Sun Exposure: Especially from 10 a.m. to 4 p.m., when the sun's rays are the strongest, seek shade whenever possible. Wear a wide-brimmed hat, sunglasses and protective, lightweight clothing. And don't forget the sunscreen. Use one daily that has an SPF of at least 15.



For your skin's sake, pay attention to fluid intake, especially in warm weather. Drink water before, during and after activities.

If you do get sunburned, soothe and comfort your skin with a lightweight yet effective moisturizing lotion, such as Eucerin Daily Replenishing Lotion.

Moisturize: In humid weather, you may want to consider a lighter-weight lotion. Look for a moisturizer that's nongreasy and dermatologist tested, with ingredients that soothe and hydrate skin, such as lipids and glycerin. Many dermatologists recommend products such as Eucerin Daily Replenishing Lotion, which is clinically proven to prevent moisture loss to keep skin feeling soft and smooth.

For more information, go to www.eucerinUS.com.