

Skin Sense

facts from the experts

Look To The Labels

(NAPSA)—Many savvy shoppers choose healthy foods by reading the nutrition labels. Now, experts say, it's smart to check the labels on skin care products, too. After all, since moisturizers and other topicals are



It makes sense not to mix scents. Soap, moisturizer and cologne should not compete.

absorbed into the bloodstream, it makes sense to replace products with unnecessary chemicals, animal ingredients and artificial colors with natural and organic products.

Just as chefs add natural ingredients to recipes, many women are adding natural moisturizers made of herbs and flowers, such as sage and aloe vera, to their skin care regimen.

To get the most out of your moisturizer, consider these tips from a leader in natural and organic personal care products:

- Mixing scented products may leave you smelling like fruit salad. If you use lavender soap, use lavender or fragrance-free moisturizer.

- Use a moisturizer with sun-screen outdoors, in any weather.

- If dry, chapped skin is a problem, the flower, marigold (also called calendula), may help. It's in Kiss My Face Honey & Calendula Moisturizer, available at select Target stores and kissmyface.com.