

newsworthy trends

Getting A Handle On Handshakes

(NAPSA)—Getting a grip on your handshake may be one of the best ways to make a positive first impression. That's the advice from experts who say handshakes are one of the first ways we actually connect with new acquaintances—and that the state of your shake may say more about you than you might expect.

For instance, according to a handshake study conducted by the American Psychological Association, people are apt to notice hand temperature, dryness and skin texture when shaking your hand. However, when the appearance and feel of your hands doesn't rank a "thumbs up" that's no reason to shrug off shakes. There are plenty of ways to get your hands up to par.

First, consider the type of moisturizer you use. About 70 percent of dermatologists recommend to their patients a moisturizer specifically designed for the hands. A good one to try may be the new Eucerin Plus Intensive Repair Hand Creme because it contains high concentrations of alpha hydroxy that work to smooth very dry, chapped skin. The cream doesn't leave a greasy film (and neither will you when you shake hands). In addition to alpha hydroxy, look for ingredients such as dimethicone, glycerin and petrolatum, which work to moisturize and protect skin.

Dermatologist Dr. Susan Taylor suggests a few additional rules to keep your hands feeling and looking their best:

- Higher-priced hand lotions and treatments don't necessarily mean that they're better for your



What does your handshake say about you? Maybe more than you think.

hands. Many of the best moisturizers are available at your local drugstore for a very reasonable price. Ask your doctor or pharmacist to recommend a trusted and effective moisturizer.

- For daily hand washing, stick to a mild cleanser that won't over-dry the delicate skin on hands.

- Exposing hands to wet or dry conditions for prolonged periods of time will cause them to feel dry and cracked, which can be painful. Certain occupations, including doctors, gardeners, hairdressers and cooks, can't avoid frequent hand washing. In these cases, invest in a pair of water-resistant gloves and moisturize regularly. A helpful hint for very dry hands is to moisturize all night long by coating hands with a thick ointment, such as Aquaphor Healing Ointment, and covering them with cotton gloves.

Your handshake speaks volumes about you, but with a little TLC, your hands will say only what you want them to.