

Skin Sense

facts from the experts

Steps To Healthy Skin

(NAPSA)—If, like most Americans, you spend a lot of the summer soaking up the sun, you should be aware that your body's largest organ—your skin—requires special care. Here are some helpful skincare hints:

- Keep your skin well-moisturized. Use a humidifier at night to keep skin hydrated. Drink plenty



of water to moisturize from the inside out.

- Another bright idea: avoid the sun. Wear a moisturizer with a minimum SPF of 15 year round and in any weather. NIVEA Visage Q10 Plus

Wrinkle Control Lotion SPF 15 is one that is enriched with Coenzyme Q10 and Biotin to help fight the appearance of wrinkles while improving elasticity and firmness.

- Don't let good skin go up in smoke. Smokers show signs of aging earlier than nonsmokers.

- Keep it clean. Use a cleanser that gently rids your skin of impurities without harming its natural balance. Also, try a cleanser that's dermatologist-tested, oil-free and alcohol-free.

- Be careful with the area around your eyes. One way to gently moisturize this delicate skin is with an ultra-light, clear gel that refreshes the eye area and diminishes puffiness. The ophthalmologist-tested and fragrance-free formula of NIVEA Visage Soothing Eye Gel absorbs quickly so the eye area looks firmer and more vibrant. It can be applied twice a day.

These and other useful skincare products are at local food, drug and mass merchandise stores.