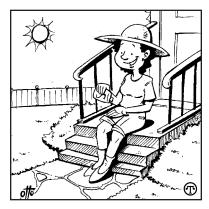


Keeping Skin Healthy

(NAPSA)—Following a few tips may help protect your skin during the warmer months.

According to B.F. Ascher & Company, Inc., makers of Pretty Feet & Hands Rough Skin Remover and Pretty Feet & Hands Ultra Moisturizing Creme, using an exfoliant



A good moisturizer can help restore the condition of your skin from the effects of the sun.

along with a good moisturizer can restore smooth skin on feet, hands, elbows and knees. To keep skin healthy this summer:

- Wear cotton gloves when gardening or working in the yard to reduce friction.
- Use sunscreen and cover your head when outdoors.
- Keep hydrated with plenty of water.
- To help circulation, remove your shoes a couple of times a day. Raise your feet, rotate ankles and wiggle toes.
- Keep fingernails/toenails trimmed to reduce the risk of hand/foot disease and discomfort.
- Use a good moisturizer daily to reduce the risk of dry, irritated skin that can become chapped or blistered.

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