

Put Your Best Face Forward:

Skin Care & More

Your skin is the largest organ of your body. That's reason enough to take good care of it! A thorough skin care routine is essential to improve and maintain the health, look and feel of your skin.

Take better care of your skin with healthy skin care tips from the experts at NorthShore University HealthSystem.



Morning Routines

Women:

Women spend ~474 DAYS of their lives applying cosmetics.

That's ~3.3 hours each week.

The average woman spends **~17 MINUTES** applying eye makeup each day.

78% of women use mascara each day.

66% of women say foundation is a daily makeup must.

54% of women think lipstick and lip gloss are a necessity.

Men:

The average man spends **~3,000 HOURS** shaving in his lifetime.

~15% of men refuse to shave because of the **DISCOMFORT** they experience from shaving.

~78% of men experience **SKIN IRRITATION** from shaving.

~75% of men shave their face every day.

RAZOR BURN? here are some **TIPS:**

Swap bladed razors for an **electric razor**.

SHAVE IN THE SHOWER, or immediately after, when hair is softer.

SPLASH YOUR FACE with cold water after your shave to prevent inflammation.

When Does it Expire?

Skin Care:

ANTI-AGING & ACNE TREATMENT PRODUCTS last between 3 months to a year. Check for specific expiration dates on packaging.

If you notice a change in color, texture or smell, it may have expired.

FOR OPTIMAL SKIN PROTECTION, replace your sunscreen every year and reapply every **2 TO 4 HOURS**.

That should be easy since you should use enough sunscreen to **FILL A SHOT GLASS EACH TIME** you apply sunscreen to your entire body.

TIP Help your products last longer by storing them in cool, dry places.

Did you know skin care products don't last forever?

These simple guidelines will help you determine when it's time to throw old products out.

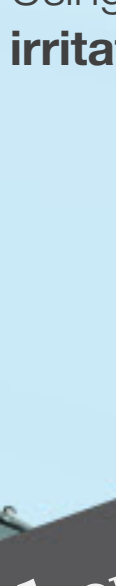


Bath & Shower:

Shampoo, conditioners, bar soaps and shower gels last up to **3 YEARS**.

Common ingredients in cleansers include **GLYCOLIC ACID AND RETINOL**.

If expired, these ingredients can cause allergic reactions.



Studies have shown that **66%** of women **USE EXPIRED MAKEUP.**

Lip gloss and lipstick can last up to **6 MONTHS.**

Mascara and eyeliner should be replaced **EVERY 3 TO 4 MONTHS.**

Eye makeup accumulates bacteria quickly. Replace it frequently to avoid eye infections like pink eye.

Face powders can last up to **2 YEARS.**

Using old face powder or foundation can irritate the skin and cause acne-like bumps.

Makeup:

Shaving cream and deodorant last up to **2 YEARS**.

Other Products:

THE CHEMICAL BALANCE in perfume and cologne can alter if stored for too long, causing skin irritations and allergic reactions.

PERFUME AND COLOGNE LAST UP TO **2 YEARS.**

To make your perfume and cologne last longer, store in a **cool, dark place.**

Unique Skin Care Tips

Good skin care is more than just what you put on your skin.

Exercise:

Exercise increases blood flow, which **NOURISHES SKIN** and allows sweat glands to get rid of toxins.



When you exercise, the body produces natural oils that give skin a natural glow.

Namaste:

15 MILLION Americans practice yoga.



Yoga may reduce skin inflammation and aging caused by stress.

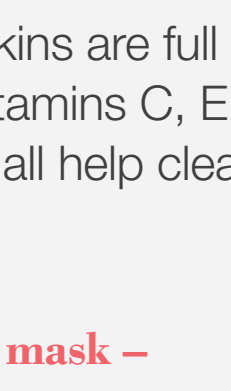
QUIET YOUR sweet tooth:



CONSUMING SUGAR may damage collagen, which can cause skin to lose smoothness and firmness.

DRINK green tea:

Research shows that drinking green and black tea may help **prevent skin cancer and prevent wrinkle development.**



CHOOSE A superfruit:

Pomegranates are full of **inflammation-fighting antioxidants.**



EAT pumpkin:

Pumpkins get their orange hue from carotenoids, which are **wrinkle-fighting plant pigments that can slow the skin's aging process.**

Pumpkins are full of enzymes and vitamins C, E and A, which all help cleanse the skin.

TIP **How to make a pomegranate face mask –** Combine 2 tablespoons of seeds, 1 cup of uncooked oatmeal, 2 tablespoons of honey and 2 tablespoons of buttermilk. Apply to the face for a few minutes then rinse.

The Fountain of Youth

1/5 Americans will develop skin cancer in his or her lifetime.

Men:

Men spend more time in the sun than women but are less likely to use sunscreen.

30% of men are aware of the signs of skin cancer.

In 2012, there were **44,250** new cases of melanoma in men.

Women:

In 2012, there were **32,000** new cases of melanoma in women.

41% of women are aware of the signs of skin cancer.

DERMATOLOGISTS' TOP TIP: SUNSCREEN, SUNSCREEN, SUNSCREEN!

SUN DAMAGE is the leading cause of **unwanted changes to the skin.**

APPLY SPF 30+ daily to protect your skin from harmful UVA and UVB rays that **damage skin cells.**

DAMAGE by UVA and UVB rays can cause **spider veins, age spots, wrinkles and melanomas.**

Vitamin A:

Vitamin A can help **HEAL DRY & DISCOLORED SKIN.**

You can find Vitamin A in the following foods:

- Low-fat milk and cheese
- Eggs
- Dark greens like kale
- Oranges
- Carrots

TIP Look for facial creams or serums with Vitamin A to rejuvenate your skin.

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