

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.



Women:

Women spend ~474 DAYS of their lives applying cosmetics.

That's ~3.3 hours each week.

78%

of women

each day.



use mascara each day.

Men:

The average man spends

~3,000 HOURS

say foundation is a daily makeup must. ~15%

of men

of women

think lipstick and lip gloss are a necessity. refuse to shave because of the

they experience from shaving.

DISCOMFORT

from shaving.

every day.

shave their face

shaving in his lifetime. **RAZOR BURN?** here are some

of men ~75%

of men

experience **SKIN IRRITATION**

When Does

TIPS

Swap bladed razors for an electric razor.

SHAVE IN THE SHOWER,

with cold water after your shave

SPLASH YOUR FACE

to prevent inflammation.

or immediately after, when hair is softer.

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

Skin Care:

ANTI-AGING &

ACNE TREATMENT PRODUCTS

last between 3 months to a year. Check

If you notice a change in color, texture

or smell, it may have expired.

for specific expiration dates on packaging.

FOR OPTIMAL SKIN PROTECTION,

replace your sunscreen every year

and reapply every 2 TO 4 HOURS.

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



That should be easy since you should use enough sunscreen to FILL A SHOT GLASS EACH TIME you apply sunscreen to your entire body. Help your products last longer by storing them in cool, dry places.

bar soaps and shower gels last up to Bath & Shower: Common ingredients in



Shampoo, conditioners,

Makeup:

YEARS

cleansers include

GLYCOLIC ACID AND RETINOL.

If expired, these ingredients

can cause allergic reactions.



Other Products:

like pink eye.

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

THE CHEMICAL BALANCE

PERFUME AND COLOGNE LAST UP TO 2 YEARS. To make your perfume and cologne last longer, store in a cool, dark place.

Exercise:

Exercise increases blood flow, which

NOURISHES

and allows sweat glands

to get rid of toxins.

a natural glow.

QUIET YOUR

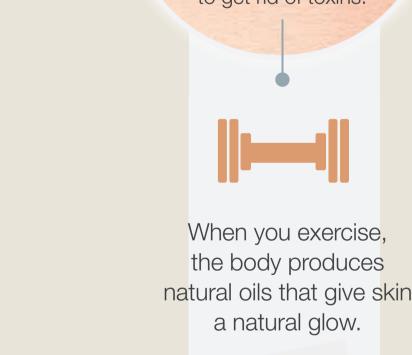
sweet tooth:

Eye makeup accumulates bacteria quickly. Replace it frequently to avoid eye infections Face powders can last up to 2 YEARS. Using old face powder or foundation can irritate the skin and cause acne-like bumps.

Shaving cream and deodorant last up to **YEARS** Unique Skin Care Tips Good skin care is more than just what you put on your skin.

Namaste:

Americans practice



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

CHOOSE A

Pomegranates are full of

TIP

superfruit:

inflammation-fighting antioxidants.

How to make a pomegranate face mask –

The Fountain of Youth

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

Apply to the face for a few minutes then rinse.

Combine 2 tablespoons of seeds, 1 cup of uncooked oatmeal,

2 tablespoons of honey and 2 tablespoons of buttermilk.

yoga. Yoga may reduce skin inflammation and aging caused by stress.

DRINK

green tea:

Research shows that drinking

green and black tea may help

prevent skin cancer and

prevent wrinkle development.

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.

Men: Men spend more time in the sun of men are aware of the signs of than women but skin cancer. are less likely to use sunscreen. In 2012, there were 44,250

new cases of

melanoma in men.

new cases of melanoma in women. 41% of women

are aware of the

signs of skin cancer.

In 2012, there were

Women:

DERMATOLOGISTS' TOP TIP: SUNSCREEN, SUNSCREEN! **SUN DAMAGE APPLY SPF 30+** DAMAGE

Vitamin A:

health.com

dailymail.co.uk

self.com

Vitamin A can help HEAL DRY & DISCOLORED SKIN. You can find Vitamin A in the following foods:

unwanted changes to the skin.

is the leading

cause of

Eggs Dark greens like kale **Oranges**

Carrots

northshore.org statisticbrain.com

mayoclinic.org

Sources:

skincare-news.com skincancer.org webmd.com sciencedaily.com

Low-fat milk and cheese

TIP

by UVA and UVB rays daily to protect your skin from harmful UVA can cause spider veins, and UVB rays that age spots, wrinkles damage skin cells. and melanomas.

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