

Is Your Skin Ready for Spring?

Dermatologist Offers Tips for Smooth Transition From Winter

Just as people change their wardrobes from winter to spring, skin habits must be altered to ensure healthy, attractive skin. "Some of the more common problems we see in the spring are related to people spending more time outside. The air inside is still dry; therefore, the skin is prone to dryness. Severe sunburns are easy to develop when the skin is not protected. You always want to be careful and take care of your skin during spring, so that you'll have no problems adjusting to summer," states Dee Anna Glaser, M.D., associate professor of dermatology at the School of Medicine.

Leslie P. Enterprises Inc. recommends the following skin care measures as ways to make a smooth changeover between winter and spring.

- Women should consider re-evaluating their makeup. LPE suggests a switch to a lighter foundation and moisturizer. Choose one preferably with a built-in sunscreen or block.
- Instead of going to a tanning salon to get a head start on your tan, use a self-tanner. There are many safe gels and bronzers on the market that will give you a healthy glow without damaging your skin. If you decide to go to a tanning salon, after your visit pamper your skin with Shea Healing Butter Cream.
- Cleanse your skin with a mild soap to protect against skin reactions. Use Shea Healing Butter Cream to help soothe rough, dry skin.
- Shower immediately after working outside. Some rash-causing particles can linger on your skin. It is also a good idea to wash your clothes after doing yard work to eliminate contact with the particles.
- When burning yard waste, always remember to wear gloves. Also, be cautious not to inhale the burned waste or to get it on your skin because a severe reaction could result.
- Acne conditions may worsen due to increased sweating from warmer temperatures. When coming inside from working or playing, clean off the dirt and sweat with a mild soap.
- Contact your doctor and make sure any medications you plan to take in the spring don't cause allergic reactions from sun exposure.

- Read directions carefully on insect repellants. Applying too much can cause problems. Be careful about which ones you apply on babies and toddlers.
- Inspect your skin carefully. If you notice any changes or if any moles have changed or gotten bigger over the winter, consult your physician immediately.

(taken from www.slu.edu/publications/gc/v6-8/news_26.shtml - Saint Louis University)

Spring Skin Care Updates

Still stuck in winter skin care mode? It's time to lighten up.

By Lisa Kovalovich

Sure, your skin care routine may have worked wonders all winter -- but when warm weather breaks, it can leave your skin looking less-than-perfect. Most dermatologists recommend tweaking your routine, since the heavier products you use in winter may be too much for the spring and summer months. Here's how to update:

If your skin is dry...

- Switch to a gel facial cleanser, which goes deeper than the lotion you may have used earlier in the year. Try using Shea Healing Butter Cream to get that smooth as silk feeling you adore.
- If pimples are a problem, add a toner with witch hazel to wipe away pore-clogging oil.
- Choose a light lotion moisturizer with SPF 15 or higher; if your skin is becoming too greasy for a moisturizer, look for a gel-based sunscreen and skip the lotion altogether.

If your skin is oily...

- Try a rinse-off lotion cleanser instead of the thicker tissue-off cream you may have used during winter. Use Shea High Performance Cream as a refresher.
- Skip toner, or use sparingly in only the steamiest, most humid weather.
- Look for a moisturizer containing SPF to ward off the sun's rays, and AHAs to slough off flaky patches.

(taken from:

http://www.lhj.com/lhj/story.jhtml?storyid=/templatedata/lhj/story/data/springskincare_04052002.xml - Ladies Home Journal)

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without realizing it. Protect your skin with a SPF Sunblocker along with Leslie P. Enterprises Inc. Shea Healing Butter. Shea Healing Butter creams come in both a scented and non-scented fragrance and can be used by both males and females alike. If you are looking for a natural approach to your beauty and body needs, then look no further than Leslie P. Enterprises Inc.. Leslie P. Enterprises Inc. Cosmetics...From Nature's Hands to yours!!