



## StairSteady Tips for Healthy Skin:

### ❖ **Protect yourself from the sun –**

Use sunscreen when you're in the sun, apply generous amounts of broad-spectrum sunscreen 30 minutes before going outdoors and reapply every two hours, after heavy sweating or after being in water. Wear protective clothing. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats.

### ❖ **Don't Smoke –**

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. This depletes the skin of oxygen and nutrients, such as vitamin A, that are important to skin health.

### ❖ **Treat your skin gently –**

Daily cleansing and shaving can take a toll on your skin, so keep it gentle:

Limit bath time - Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm water.

Avoid strong soaps - Strong soaps can strip oil from your skin. Instead, choose mild cleansers.

Shave carefully - To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving.

For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.

Pat dry - After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.

Moisturize dry skin - Find a moisturizer that fits your skin type and makes your skin look and feel soft.

### ❖ **Eat a Healthy Diet –**

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. Research suggests that a diet rich in vitamin C and low in fats and carbohydrates may promote younger looking skin. Aim to drink six to eight medium glasses of fluid daily.

### ❖ **Manage stress –**

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin take steps to manage your stress. Set reasonable limits, scale back your to-do list and make time to do the things you enjoy.