

MOISTURIZER

DON'T LEAVE HOME WITHOUT IT

Discover which ingredients a good moisturizer has — and which don't matter. Enjoy these helpful tips from a Cleveland Clinic dermatologist.

LOOK FOR INGREDIENTS YOUR SKIN WILL LOVE



CERAMIDES: Proteins found in the outer layer of skin that are missing in very dry skin.

ALPHA-HYDROXY ACIDS (AHAS): Citric and other fruit acids that gently exfoliate and soften dry, scaly or ashy skin. They also help moisturizer penetrate.

TIP: Don't let a high price tag fool you. Household name brands at your drugstore often contain these ingredients. And there's no need for a "hydrating" moisturizer. All moisturizers are hydrating!

REMEMBER THAT SOME INGREDIENTS CAN SPELL TROUBLE



FRAGRANCES: A common cause of skin irritation and allergy.

METHYLPARABENS: Cosmetic preservatives that often cause allergies.

RETINOIC ACID: An anti-aging ingredient that can irritate your skin.

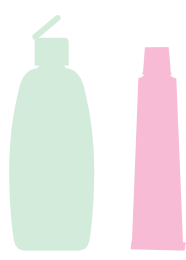
AHAS: Helpful exfoliants that can irritate sensitive skin.

SALICYLIC ACID: Another exfoliant that can irritate sensitive skin.

LANOLIN: A waxy substance from sheep's wool that may cause allergies.

TIP: Irritated skin feels painful, dry, burning or prickly right after using a product. A skin allergy feels super itchy. Angry skin irritations may look like allergies but happen on the surface. Allergies trigger a deeper immune reaction that may take multiple exposures (or years) to develop.

FIND A FORMULA THAT WORKS FOR YOU

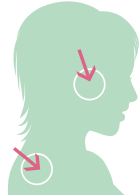


SENSITIVE SKIN FORMULA: Has no perfumes, fragrances or other problem ingredients.

EXTRA DRY SKIN FORMULA: Worthwhile when skin is uncomfortably dry or during winter months.

TIP: Sensitive skin formulas eliminate the usual suspects — ingredients likely to irritate or trigger allergies. Everyone's skin reacts uniquely to the world, so a product that helps you won't necessarily help your friend. If sensitive skin or extra dry skin formulas don't work for you, see your primary care doctor or a dermatologist.

CONSIDER WHERE THE MOISTURIZER WILL GO



YOUR FACE: Only use moisturizers labeled "non-comedogenic" to avoid clogging pores. And find a product with sunscreen (SPF 15) to combat aging skin's biggest enemy: the sun. You're exposed year-round through windows, getting in and out of cars, etc.

YOUR HANDS: Hand creams work better than hand lotions. Soap and water and alcohol-based hand sanitizers all dry your skin.

EQUAL-OPPORTUNITY: Want one moisturizer for your face, hands and body? Make sure it's non-comedogenic.

DON'T BUY THE MYTH THAT ALL-NATURAL IS BETTER

NATURAL PRODUCTS MAY LOOK GREAT and smell nice. But many people are allergic to or irritated by plants, nuts and trees.

JUST BECAUSE THEY'RE PRICY doesn't mean that natural products are effective. Your best bet is to find a good product that's affordable and that works for you.

BE CAREFUL USING COCONUT AND OTHER OILS on your skin. Oils tend to be heavy and can clog pores, leading to acne.

ADJUST YOUR MOISTURIZER FOR THE SEASON

WINTER: Consider a heavier, thicker cream to combat dry, cold outdoor air and dry, heated indoor air.

SUMMER: You may only need a light lotion when the air is warm and humid. Be sure to use a long-acting sunscreen lotion (SPF 30) on exposed skin at the beach, pool, park or ballgame.