



Marc, My Words

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Sunscreen Savers

What does a cold, blustery, winter day have in common with the beautiful beaches of the Caribbean? Answer: Sunscreen, of course.

It's not just for the summer months, sunscreen can save your hide in the winter as well. Overexposure to the sun will result in a burn no matter what season you're in. A snow covered ground poses a double threat as the reflective surface can send the sun's rays from a second angle. Many moisturizers come with SPF protection so be sure to look for that on the label. SPF 15 or higher will do the trick.

Sunscreen isn't just great for protecting against sun exposure; it's also a great barrier to keep the pollution out. Pollution can make your skin look worn out and blotchy. It can increase the size of your pores giving your skin an overall unhealthy appearance. Being mindful of your daily sunscreen application can keep a healthy glow from looking like a burnt mess.

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TOPICS

- SPF Tips
- Dry Skin in the Winter

"People are like stained glass windows -- the true beauty can be seen only when there is light from within. The darker the night, the brighter the windows."

- Elizabeth Kubler Ross

Cold Weather - Dry Skin Blues

The cold winter weather does more than just put a reddish glow on the nose of many people. It also brings with it a torturous effect in the form of dry skin. Not just the typical dryness we all experience every now and again, but a painful discomfort that can become cracked and flaky.

The remedy? Vigilantly follow a few simple winter skin care rules.

First, moisturize your skin periodically throughout the day, not just when it gets dry. Be conservative and use the right lotion when it comes to acne prone areas. A good avocado oil-based or mineral oil-based moisturizer would be a good idea.

Second, avoid ultra hot showers and baths. Although they tend to feel soothing and soul-warming they can do more harm than good. The hot water can break down the lipid

barriers in your skin and cause a loss of moisture. Stick with a nice warm shower, or if you're more of a bath person keep it warm and add a little green tea or almond oil. About 2 teaspoons is enough.

Finally, before heading out into the cold, do your hands a favor and cover them up. The skin on your hands is much thinner and dries out more easily. Wearing gloves will not only help you maintain the dexterity in your fingers but will help prevent sore cracked knuckles.



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