



Marc, My Words

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Acne - Problem Through the Years

Acne, it's not just for teenagers anymore. Acne is clearly the most embarrassing of all skin conditions. Although it is hard to control, it IS controllable. There are simple steps you can follow to manage your acne so that outbreaks become virtually non-existent.

As teenagers, hormones become our arch nemesis in the fight against acne. There just isn't much we can do about it aside from waiting it out. As adults, imbalanced hormones in the form of stress, as well as improper skin care regimen, becomes the main culprit of our skin blemish sorrows. Here are a few simple remedies to try before heading off to the dermatologist:

1. An exfoliating scrub, used occasionally, can help open your clogged pores. Start with a mild oatmeal or mineral scrub to see how your skin reacts. Don't use much pressure when applying the scrub. The harder you rub the exfoliant into your skin the more likely your skin is to react in a negative way, possibly causing more blemishes.

2. After washing your face apply an antibacterial agent to seal your pores. There are many formulas designed specifically for the treatment of acne. Tea tree oil, sulfur and salicylic acid have excellent antibacterial properties. They will not only kill the bacteria on your skin but they will act as a barrier from outside elements.

3. In a perfect world, prevention would be all that is necessary. But for the rest of us reparation is occasionally necessary. After an outbreak be sure to pamper your skin with vitamins A & E as well as aloe vera. These will help to heal blemishes and reduce inflammation while repairing skin cells.

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The Skin of a Child

Children between the ages of 2 and 6 are commonly susceptible to skin conditions called Impetigo and Eczema.

Impetigo is a bacterial infection most commonly occurring around the nose mouth and hands. Irritants like poison ivy, insect bites, and various skin allergies can increase the susceptibility of a child. The lesions will appear as pimple-like bumps and fill with puss in later stages. Impetigo can be spread through direct contact as well as through airborne contact with an infected person.

Remedies for Impetigo include antibiotics or the simple application of soap and water. After washing allow the infected area to air dry thoroughly. Prevention is the best practice so teach your children the importance of washing their hands a few times throughout the day.

Eczema is a skin condition triggered by any number of objects causing extreme itchiness or irritability. Not to be confused with dry skin, eczema may appear flaky, cracked, reddened or with blisters. Eczema is an excessive reaction of the

immune system to a simple allergen. Prevention is through taking care of and strengthening your immune system. Try taking fish oils, fatty acids and general mineral supplements. Eczema reactions are often acidic so take high doses of antioxidants throughout the day to keep your body slightly alkaline. Treatment is by identifying the source of the allergen so be sure to consult with your dermatologist.



TOPICS

- Acne at Any Age
- Childhood Eczema and Impetigo

"There is certainly no absolute standard of beauty. That precisely is what makes its pursuit so interesting."

- John Kenneth Galbraith

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