



# Marc, My Words

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## Take Care of Your Face

We've all been washing our faces for years but would you believe that some of us are still doing it wrong? Here are a few common mistakes to avoid:

**Scrubbing too hard-** It's impossible to scrub your pores clean. It isn't the scrubbing that cleans our face but the cleansing agent we use. Water has been cleaning faces for over a thousand years and cleansers were introduced to improve water's cleansing abilities. Lather your cleanser in your hands and gently apply it to your face.

**Not wetting your face-** Don't apply a cleanser to a dry face. Although cleansers are great to use in conjunction with water, when used before wetting your face they can end up clogging pores.

**Using the wrong cleansers-** Body wash is for the body, hand soap is for the hands and face wash is for the face. Any soap that isn't designed to wash the facial skin is likely to be too harsh and can cause more harm than good.

**Rinsing too quickly-** Don't be too hasty when it comes to finishing your routine. You should spend as much time rinsing your face as you do applying cleanser to it. Leaving behind the smallest amount of cleanser could easily clog your pores. We recommend splashing your face 15-25 times with lukewarm water to ensure a thorough rinse.

Take care of your face. It plays a key role in first impressions.

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## TOPICS

- Take Care of Your Face
- Shaving Tips

*"Beauty of whatever kind, in its supreme development, invariably excites the sensitive soul to tears."*

- Edgar Allen Poe

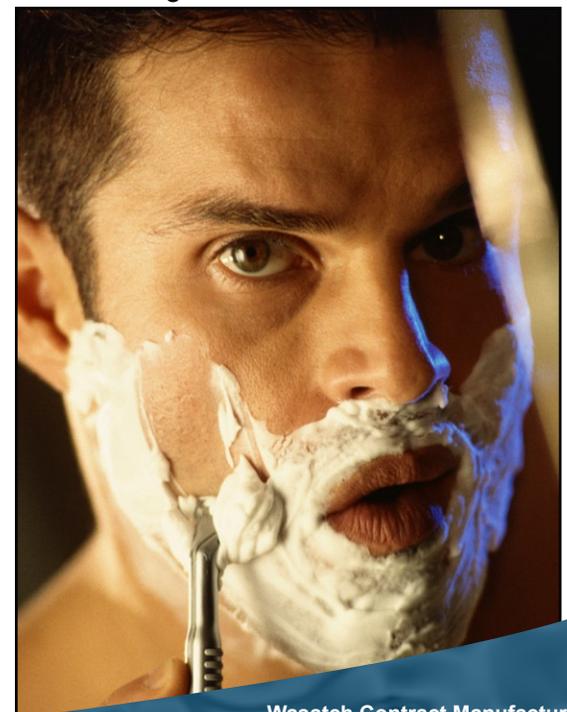
## Shaving - Take It Easy!

For some just the thought of hair growing underneath the skin is a little creepy, for others ingrown hairs facilitate bacteria causing acne-like problems. No matter your type, good shaving habits can eliminate your ingrown hair problems for good. Here are a few prevention tips to follow:

- Clean your skin before shaving. This will remove oil and cause the hairs to stand more erect.
- The steam from a shower or bath will help to soften the hair making it easier to cut.
- Use a good cream or gel to moisturize and lubricate your skin allowing the razor blades to glide smoothly cutting only the hair.
- Shaving against the grain can cause irritation which could lead to ingrown hairs. Shave with the grain or try shaving across the grain for a slightly closer shave.
- Try to avoid shaving the same area twice. Any irritation can cause the skin to rise which often results in ingrown hairs.
- Limit shaving. Unless you absolutely have to shave daily try to limit your shaving to every other day or less.
- Rinse your razor often while shaving to keep the blade sharp.

- Change your razor blade regularly. The blade will begin to dull after the very first use, so don't go more than one week before changing it.

Ingrown hairs can be the result of any form of hair removal. If you notice an ingrown hair avoid the instinctive reaction to pick at it. Apply benzoyl peroxide to the area. Benzoyl peroxide is a great OTC acne and ingrown hair treatment.



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