



Marc, My Words

Volume 07-09

Teen-Ager Image

It seems to be quite important to maintain a certain image throughout your teenage years, just don't do it at the expense of your health. Avoid drugs and alcohol at all costs. They will destroy your body from the inside out and soon enough your skin will show signs of the internal damage. Avoid eating a lot of processed foods and foods high in sugar. Soda pop contains more sugar than most people realize. Most soda pop drinks contain between 30 and 50 grams of sugar. That might not mean much until you recognize that a restaurant sugar packet contains about one gram of sugar. Imagine ingesting 30 to 50 packets at one time. That's a lot of sugar! Foods (and drinks) high in sugar show up on your skin in the form of acne breakouts. Fill your diet with fruits and vegetables, unprocessed meats and fish and don't forget to drink plenty of water every day. Before you head off looking for that perfect bronzed glow at the beach or tanning salon just remember that the sun (or artificial sun lamps) literally toast your skin. That's what creates the brownish look. Imagine a turkey before it's placed in the oven...what does it look like after it's done cooking? I hope you see my point. The appearance may be desirable but find a way other than cooking yourself to attain it. Professional spray on tanning is becoming more and more popular and has evolved from the old orange-dye formula. It may cost more than just going to the beach but in time your skin will thank you for it.

Marc Ward
Master Formulator, Chemist



TOPICS

- Teen-Ager Image
- Skin Treatments

"Time may be a great healer, but it is a lousy beautician"

- Unknown

Anti-Aging Skin Treatments

A baby's skin is so soft and perfect. It isn't meant to become flawed and aged so early in life, yet certain dietary and hygienic choices we make cause our skin to become just that. Over the next few issues, we'll go through a chronological skin care timeline to show you how to keep and maintain healthy looking skin.

We'll begin with the teenage years. This is a crucial time for skin. Hormones change, good and bad habits develop, sleep schedules can become inconsistent. This is the time to find a skincare product you like and consistently use it every morning and night. This will keep your skin clean, toned and moisturized.

Exfoliate your skin a few times per week. If you notice your skin becoming irritated reduce the frequency to once or twice a week. Use an exfoliant that is antibacterial and good for acne control.

No matter how diligent you are with your skin care routine, chances are good that you'll still develop some acne. Don't be alarmed by it and certainly don't try to pick or scrape it off. One of the biggest mistakes with acne is to irritate it. Picking at, playing with, or just touching acne can cause it to become red and puffy. It can also create more bacteria causing even more acne. Just leave it alone

and continue on with your skin care routine. Don't let a day go by without following this routine, day and night. Never go to bed without washing your face, especially girls, sleeping with makeup can severely clog your pores. While you sleep your body eliminates its toxins and sheds dead skin cells. Makeup, oil and dirt will prevent your body from effectively doing that. When you wake up, wash your face again. This will help to remove the dead skin cells and any toxins that are on the surface.



Wasatch Contract Manufacturing
12248 South Lone Peak Parkway Suite # 106
Draper, Utah 84020
801.566.4449 • Fax 801.572.2731

Customer.Service@WasatchContractManufacturing.com