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women,
skin health

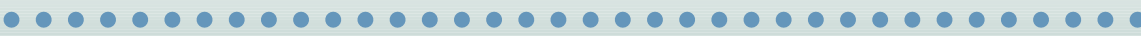


& beauty

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women, skin health & beauty

Face it, we love our beauty products. Since we were little girls, we've had fun experimenting with colors, brands and formulations. But just how much do we know about them—about how they're made, how safe they are, what's right for us? Most of us are more likely to pick up a new cream or blush because of the pretty packaging, the color or the promise than whether it's right for us and for our skin. And our skin is unique, no matter what its tone, color or age. Plus, that uniqueness changes over time. Just consider the major changes your skin undergoes between your 20s and your 50s. Yet when's the last time you switched moisturizers?



Not to worry. In the next few pages, we're going to tell you everything you've wanted to know to keep your skin healthy and glowing—whatever your age. We'll explain how nutrition and exercise contribute to your skin's health, identify the best products for you and explain how to read makeup labels. We'll even expose makeup myths that may have kept you from looking your best.



Why does all this matter? Because your skin reflects just about everything about you, inside and out. If you're sick, tired or stressed, it's reflected in the tone, color and condition of your skin. Luckily, the opposite is also true. That's why your skin is said to “glow” when you're terrifically happy and healthy. So it's important to learn about your skin and how to care for it. Then, you can ensure that the “outside you” truly reflects the “inside you.”

.....
**How you look on the outside reflects
how healthy you are on the inside.**
.....

skin health



The key to healthy skin lies beyond which soap you use. It depends on what you **eat**, whether you **exercise**, how much **stress** you're under and even the kind of **environment** in which you live and work.

All of these things affect how fast your skin ages, and thus how it will look, by influencing certain processes that lead to oxidation and inflammation—your skin's enemies. It sounds complicated, but it really is not.

Basically, complex chemical processes in your body produce unstable molecules called *free radicals*. Think of them as Skin Enemy No. 1. Left to their own devices, they go on to damage otherwise healthy cells in a process called *oxidation*. This is the same process that turns an apple brown

or changes a copper roof from reddish gold to blue-green, so you can just imagine the way it can affect your skin. Sun, smoking, air pollution and poor diet all speed up production of these free radicals.



Luckily, your body also produces antioxidants, molecules whose job it is to sweep up those free radicals before they can do any serious harm. How you take care of yourself—including what you eat—can increase production of these valuable molecules, literally saving your skin.



Free radicals are Skin Enemy No. 1.



nutrition

Women have been using foods as facial treatments for centuries, making masks of egg whites and olive oil, putting cucumbers over their eyes to reduce swelling. But did you know that the food you put in your mouth can affect the health of your skin more than anything you could put on your face?



Although studies find certain individual foods can help you maintain healthy skin, your overall diet—as well as your weight—matters most. For instance, if you're overweight and/or you eat a diet high in processed foods, including white bread, cookies, ice cream and packaged dinners, and low in fiber and fresh fruits and vegetables, you have a higher risk of developing a condition called insulin resistance, which can lead to diabetes.

In this condition, insulin, a hormone that “unlocks” the cell so glucose, or fuel, can get in, doesn't work very well. Thus, all this glucose builds up in your bloodstream instead of disappearing into cells where it's supposed to go. This, in turn, damages skin. How? By reacting with the protein fiber network (i.e., collagen and other proteins) that make skin resilient. This reaction creates harmful waste products

called *advanced glycosylation end-products*, or AGEs, those free radicals mentioned earlier. Fibers stiffen, skin loses its elasticity and you become more vulnerable to wrinkling, sagging and damage from ultraviolet (UV) light.

But eat a varied and nutritious diet, and it's amazing what can happen to your skin. In one study, researchers from Monash University in Australia found people who ate the most fruits, vegetables and fish had the least amount of wrinkles. However, the researchers found, diets high in saturated fat, including meat, butter and full-fat dairy, as well as soft drinks, cakes, pastries and potatoes (called “high-glycemic” foods), increased the likelihood of skin wrinkling. Coincidentally, these high-glycemic foods are also implicated in insulin resistance.



skin health

So, if you want to follow a skin-healthy diet, make sure you pack your diet full of these nutrients:

Vitamins E and C. Studies find these vitamins can help protect your skin from the harmful effects of the sun, particularly in supplement form. Meanwhile, vitamin C is a valuable nutrient in collagen synthesis, the protein that helps hold skin together and give it tone. If you do supplement, don't exceed 400 IU of vitamin E because it could increase the risk of bleeding. **Best food sources:** Vegetable oils, margarine, eggs, fish, whole-grain cereals and dried beans for vitamin E; citrus fruits, berries, potatoes, tomatoes, sweet and hot peppers and leafy green vegetables for vitamin C.

Essential fatty acids. Several studies find that the amount of poly- and monounsaturated fats, particularly omega-3 fatty acids, in your diet can minimize sun and aging damage to your skin. **Best food sources:** Cold-water fish, such as salmon, mackerel and tuna. For healthy mono fats, stick with olive oil and nuts.

Tea. Tea, particularly green tea, is an excellent source of antioxidants called polyphenols. That may be why one Arizona study found that the more hot tea people drank (particularly tea with lemon) the less likely they were to develop squamous cell skin cancer.

Vitamin A. Another powerful antioxidant, vitamin A forms the basis for a slew of pharmaceutical and over-the-counter skin products that contain retinoids. One study found a strong connection between vitamin A levels in the blood (an indicator of the amount in the diet) and skin dryness; the more vitamin A, the moister the skin. You shouldn't supplement with vitamin A, and it's hard to get enough via food, but it's easy to get vitamin A's precursor—beta-carotene—which is converted to vitamin A in your intestine. **Best food sources:** Orange, red and yellow fruits and vegetables such as carrots, sweet potatoes, tomatoes and cantaloupe, and green leafy vegetables such as spinach and broccoli.

A healthy diet is critical to healthy skin.

Q: How important is water to skin health?

It's critical. The amount of liquid you drink directly affects the health of your skin. One sign of dehydration is if you press on your skin with your finger and it doesn't spring back. Aim for eight to 10 glasses of water a day. As long as your urine is a clear or light straw color, you're getting enough liquid.



& wellness

exercise

You know the glow your skin takes on after a brisk walk outside or a tough aerobics class? Generally, that's related to perspiration, which is one way your body gets rid of toxins.



But exercise does much more than flush impurities out of your skin. It also promotes production of sebum, or oil, your skin's natural moisturizer, and enhances blood flow to the skin.

That's important because blood carries oxygen and valuable nutrients that help maintain skin health.

Plus, regular physical activity helps you maintain a healthy weight and keep insulin resistance at bay.

Exercise is also an important way to manage stress, as you'll see on page 10. If you're exercising outdoors, though, remember to protect your face and body from UVA and UVB rays by wearing a moisturizer with sun-screen protection. You don't want to "undo" all the good of that workout.



Q: Everyone talks about exercise and physical activity, but I can't find the time. What can I do?

The beauty of physical activity is that little bits add up to big benefits. Try adding more activity into each day little by little. Park your car at the far end of the parking lot when you go shopping. Take the stairs instead of the elevator. Get off the bus or subway a couple of stops early and walk the rest of the way. Carry your groceries into the house one bag at a time. Small steps can increase the amount of movement you get and the amount of calories you burn.

skin health

environment

If you've ever had to slather on the moisturizer after a cross-country airplane flight or suffered a breakout while visiting a large urban city, then you know firsthand the way the environment can affect your skin.



It's never too late to quit smoking. Quit today, and your skin will show the health benefits tomorrow.



Air pollution, the dry, recirculated air of an airplane, smoking and, of course, the sun are all enemies of skin health. They increase the production of free radicals, strip antioxidants from your skin and intensify the effects of aging.

Smoking, for instance, constricts blood vessels, reducing blood flow to the skin. It also depletes levels of valuable antioxidant vitamins like vitamin A, increasing damage to the elastin, the elastic fibers in your skin that provide a healthy tone. Just the smoke curling up from the cigarette can damage skin as

Q: How often should I be screened for skin cancer?

The American Academy of Dermatology recommends annual screenings, the American Cancer Society recommends annual screenings after age 40, and every three years between ages 20 and 39, and the U.S. Preventive Services Task Force says there is insufficient evidence to recommend for or against routine skin examinations. Confused? Don't be. There's no controversy over the fact that the earlier skin cancers are identified, the better the outcome. So talk to your health care provider about your risks for skin cancer and how often you should be screened.

& wellness

much as any other pollutant. In fact, studies find that people who smoke have significantly more wrinkles at an earlier age than those who don't.



Of course, the greatest damage to your skin occurs from the ultraviolet rays of the sun. Over time, the sun, like smoking, damages elastin and collagen, leading to the formation of fine lines and wrinkles. Most of the damage occurs in your childhood years—it just doesn't show up until middle age.

And it's not just soaking up the rays on the beach that does the damage.

Simply sitting near a window, driving your car and walking outside also expose you to the harmful rays of the sun, and these are all activities in which you're much less likely to wear sunscreen.



No wonder, then, that skin cancer is the most common cancer in the United States, with more than one million skin cancers diagnosed each year. Overall, one in six Americans will develop skin cancer at some point in their lives.

The reality is that there is no such thing as a healthy tan—unless it's one that comes out of a bottle.



Q: Is it safer to get a tan in a tanning parlor than on the beach?

No. There is no such thing as a safe tan. A tan is really your skin's way of shouting out that it's been damaged. In fact, UVA rays in tanning booths not only inflict damage similar to sunlight, but they are up to 20 times more intense than natural sunlight.

skin health

The Facts About Sunscreen

The higher the SPF (sun protection factor)

the better. That's not only because of the increased protection higher SPF sunscreens provide, but because most people don't use nearly enough to begin with. However, the SPF only indicates protection provided against UVB rays—not the invisible, ultraviolet-A rays that can also affect skin health and hasten the aging process. That's why you need a broad-spectrum sunscreen.



The more the better. You need to apply at least a shot glass's worth of sunscreen every couple of hours you're in the sun. In fact, you should reapply your sunscreen every two to four hours. That means a six-ounce bottle of sunscreen should last just a couple of visits to the beach—not all summer.

UVB protection isn't enough. Early versions of sunscreen only protected against UVB rays, but both UVB *and* UVA rays contribute to skin cancer. To find a sunscreen that protects against both, look for Parsol 1789, also called avobenzone, zinc oxide or titanium dioxide on the ingredients list. Stay posted for what dermatologists are calling the superpower of sunscreen



& wellness



protection—a chemical called mex-oryl, which has an SPF of 60 and provides much greater protection against UVA rays than anything else on the market. Available in Europe and Australia, it is under consideration for approval by the U.S. Food and Drug Administration (FDA).



SPF has nothing to do with how long you can stay in the sun. Studies find that people think the higher the SPF rating, the longer they can stay out in the sun. That's simply not true. While higher numbered products (SPF-40, for example) do provide more protection, using sunscreen doesn't prevent all the possible harmful effects of the sun. Plus, few people use sunscreen the right way—a full ounce every couple of hours, more if you've been swimming or sweating.

You need more than sunscreen to protect your skin from the sun. You also need a hat, protective clothing and a time limit for your stay in the sun.



skin health

stress

Whether you're stressed about your job, a family member's health, a crumbling marriage or your first child going off to college, stress has a sneaky way of showing up on your face and skin.

Think of it as your body's way of communicating what's going on inside to the outside world. There's even a name for it: psychodermatology.



The stress in your life turns up on your face.

For instance, studies find that stress triggers 62 percent of psoriasis episodes (an inflammatory skin condition), with flares occurring within days of the emotional upset. Most hyperhidrosis episodes (in which you sweat excessively) are related to stress, and 94 percent of episodes in women with rosacea—a skin condition marked by excessive redness and bumps on the face—have an emotional trigger.

Thus, you can see the very strong mind/body connection that exists between our emotions and our skin health. The connection is probably related to the immune system and

the way it reacts to stress. Short bursts of stress—like those from a good workout—can improve your skin. But, when you're exposed to chronic stress—stress that just won't stop—or a lot of stress all at once, your immune system can get overloaded. The result? Negative effects on your skin.

So it's important you learn to recognize the stressors in your life and modify your reactions to them. Relaxation techniques, biofeedback and breathing training can help you cope better with life stresses and reduce their effects on your skin.

Q: I've read that certain medications can affect my skin. Is this true?

Absolutely. Numerous drugs—prescription and over-the-counter—as well as herbs and nutritional supplements can affect your skin, by drying it out (as with certain antihistamines), making it more sensitive to sunlight (as with some antibiotics and the herbal antidepressant St. John's Wort), improving acne (as with oral contraceptives) or worsening acne (as with certain fertility and other hormone drugs). Always ask your health care professional or pharmacist about any possible skin-related side effects you should be aware of with any medications you take.

Finding the Right Skin Care Professional

A 2001 survey by the American Society for Dermatologic Surgery (ASDS) found that about 45 percent of dermatologic surgeons reported an increase in the number of patients they saw who needed corrective treatment for burns, splotching, irreversible pigmentation and scarring resulting from various medical procedures performed by estheticians, cosmetic technicians and employees of physicians without appropriate physician supervision.



Make sure you're seeing the right skin-care professional for the right reason. And always look for physicians who are board-certified in their specialty. This means they've passed an intense examination and take continuing education courses to maintain their knowledge and skills.

Skin-Care Professional	Reason to Visit	Special Training
Dermatologist	Prevention and treatment of skin, hair, nail conditions.	After medical school and internship, completes three-year residency in dermatology.
Dermatologic surgeon	Surgical and non-surgical skin treatments.	Same as dermatologists; many also complete one- or two-year fellowships in dermatologic surgery. Many are members of the American Society for Dermatologic Surgery (ASDS).
Plastic surgeon	Cosmetic or reconstructive surgery.	After completion of medical school and internship, three-year residency in plastic surgery, often followed by fellowships in subspecialties.
Esthetician	Facial and non-invasive, non-medical skin treatments.	Cannot prescribe medication; should not use complex machines like lasers. Depends on state licensing laws. All states except Connecticut license estheticians, although requirements vary.

skin changes

From the silky smoothness of a baby's skin to the wise wrinkles of an 80-year-old, perhaps nothing reflects the movement of time as well as our skin. In addition to the effects of exposure—to sun, toxins, wind and dry air—changing hormones play a major role.



Here's a look at your skin through the ages.

Infancy and childhood. These are the golden years of skin and should be treated as such. By and large, children's skin is the healthiest skin professionals see. But this is also the time when the greatest damage—albeit unseen—may occur. That's why it's so important to protect children from the sun with the appropriate clothing, hats and sunscreen, as well as limiting their exposure to the sun during its most intense hours, usually 10 a.m. to 4 p.m. in most parts of the country.

tan. Just four in 10 adolescent girls wear sunscreen, while only a third say they limit their sun exposure. Teenaged girls also flock to tanning booths, with nearly one in four girls 15 and older saying they use tanning beds.

Twenties and 30s. You've still got glowing skin, but the aging process is beginning to show. Little by little, your skin begins losing components of connective tissue such as collagen, elastin and hyaluronic acid, affecting skin tone.

Your skin changes as you age. Your skin-care products and habits should change, too.

Teenage years. As levels of reproductive hormones surge, particularly androgens, oil production increases and acne arrives. There's no reason to suffer, though. A variety of over-the-counter and prescription products can keep pimples and blackheads in check.

A more serious problem in teenaged girls, however, is their quest for a

Now is the time to begin a skin-care regimen if you haven't already. Wash your face regularly with a mild cleanser and apply moisturizer with sunscreen and antioxidants daily.

Pregnancy. About 90 percent of pregnant women develop hyperpigmentation, an overproduction of pigment that produces dark spots, and many develop melasma or chloasma,

ages & stages

dark spots on their face and arms known as the “mask of pregnancy.” Both are related to hormones and, luckily, as hormone levels return to normal after pregnancy, they usually disappear.



Additionally, about 90 percent of pregnant women develop stretch marks during late pregnancy as the underlying layers of their skin stretch. Using lotions or creams containing alpha-hydroxy acids may help lighten these marks, but once

you have them, they never disappear completely. Trying not to gain excess weight during pregnancy is a better bet for avoiding stretch marks.

The hormones of pregnancy can also affect existing skin conditions. Your acne and eczema may get worse, while your psoriasis may improve.

Perimenopause and menopause. As you move into the years just before and after menopause, expect to see not only the age-related changes in your skin already discussed, but also more facial hair due

to hormonal changes that lead to higher levels of androgen hormones compared to estrogen.

African-American women and women of Mediterranean and Arab descent are more likely to have this problem.



You may also notice larger pores as collagen breaks down. And while hormone therapy has its pros and cons, women who take supplemental estrogen generally find their skin feels smoother and moister.

Your skin changes in other ways as you age. For instance, many elderly people develop skin lesions or growths. Most are harmless age spots, but some may be precursors to skin cancer. Older people are also more susceptible to certain skin diseases such as shingles (herpes zoster), varicose veins, leg ulcers, and seborrheic dermatitis, a skin rash. Other common problems include bruising and itching, particularly as skin thins and becomes more fragile with age.



Q: I've read that birth control pills can help prevent acne. Is this true?

Some birth control pills can help clear up or prevent acne. However, as with any medication, birth control pills also can have undesirable side effects. Talk with your health care professional about the benefits of using birth control pills for acne and ask about any side effects or risks associated with specific brands and dosages.

makeup myths

history of makeup

From the copper and lead ore that the ancient Egyptians used to create the world's first cosmetics to the scientifically advanced products of today that can do everything from hide pores, smooth complexions and turn the pale green of your eyes a vivid shade of emerald, makeup has been an integral part of humankind for thousands of years. Over the centuries, women used burnt matches to darken their eyes, berries to stain their lips and young boys' urine to fade their freckles. They even swallowed ox blood in some misguided attempt to improve their complexions.



Makeup has been an integral part of humankind for thousands of years.

Women throughout history put their health at risk with many of their home-made cosmetics. In some cultures, for example, women used arsenic, lead, mercury and even leeches to give themselves the pale appearance deemed beautiful in the old days.

Thankfully, we've come a long way from the days of using toxic and deadly mixtures to enhance our looks. Today's multibillion dollar cosmetic industry must meet strict government regulations about what it can and cannot include in products and must

follow safe manufacturing guidelines. Today, the most serious injury you're likely to receive from your cosmetics is an irritation or a rash from using a product that's too harsh for your skin.

Yet, despite decades of safety testing and a safety record unparalleled in many industries, there are many myths circulating about the dangers of cosmetic ingredients. Here's an overview of some makeup myths and the important facts about makeup safety you'll want to know.



Makeup Myths and Facts

If you've shied away from using cosmetics out of fear they could present health risks or harm your skin, or from a belief that the claims of their benefits are only that—marketing gloss—read on.

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Myth: Cosmetics are not regulated.

Fact: The Food, Drug and Cosmetic Act requires that cosmetics and their individual ingredients must be safe, and labeling must be truthful and not misleading. The U.S. Food and Drug Administration has legal authority over cosmetics similar to its authority over other FDA-regulated products, such as foods, nonprescription drugs and nonprescription medical devices. For instance, the FDA can take immediate action to stop the sale of any cosmetic product that does not meet its standards.

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Myth: Cosmetics contain dangerous, toxic ingredients.

Fact: FDA regulations require that all ingredients used in cosmetics be substantiated for safety. If this isn't done, the product's label must read: "WARNING: The safety of this product has not been determined." In the U.S., cosmetic manufacturers are required by law to establish the safety of both finished products and their ingredients.

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Myth: No independent body evaluates the safety of cosmetic ingredients.

Fact: The cosmetic industry supports an independent panel of world-class medical and scientific experts, the Cosmetic Ingredient Review Expert Panel (CIR). This scientific body examines all available data and assesses the safety of ingredients used in cosmetics.

CIR publishes its findings in the peer-reviewed *International Journal of Toxicology* and has restricted or banned the use of hundreds of chemical ingredients owing to concerns over consumer safety.

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The U.S. Food and Drug Administration oversees the cosmetic industry, ensuring the safety of cosmetic and personal-care products.

makeup myths

Myth: Cosmetic and personal care products often contain substances known or suspected of causing cancer and reproductive toxicity.

Fact: No credible research has ever shown that any cosmetic or personal care products cause cancer or reproductive toxicity. Chemicals found to be human carcinogens are not used in cosmetics. In fact, very few reports of injury involving cosmetics have ever been reported.

Myth: Cosmetic companies can use any ingredient they want in their products.

Fact: By law, every cosmetic on the shelf must be safe. In the U.S., cosmetics are regulated under the Food, Drug and Cosmetic Act, which is enforced by the FDA. The FDA has the legal authority to regulate the safety of cosmetic products; however, it has comparatively little need to use its authority, because cosmetics are composed of safe ingredients and because, when necessary, the cosmetics industry has acted voluntarily to withdraw ingredients that have been scientifically shown to have the potential for adverse effects.

Myth: Skin-care products are all hype; soap and water works just as well.

Fact: The science behind skin-care products has grown in leaps and bounds over the past 20 years. Today, there is good scientific evidence behind the use of such ingredients as antioxidant vitamins, green tea polyphenols, retinoids, alpha- and beta-hydroxy acids and essential oils in skin-care products to minimize wrinkles, fade dark spots and strengthen collagen.



Q: I never seem to buy the right makeup for my face. What am I doing wrong?

The biggest mistake women make when buying makeup is buying something they're not comfortable with—either the product or the color. You have to know your



How to Read a Label

Confused about all the competing information on your cosmetic and skin-care products these days? Don't be. Here's our simple guide to reading cosmetic labels.



Alcohol free. In cosmetic labeling, the term “alcohol,” used by itself, refers to ethyl alcohol. Cosmetic products, including those labeled “alcohol free,” may contain other alcohols, such as cetyl, stearyl, cetearyl or lanolin alcohol. These are known as fatty alcohols, and their effects on the skin are quite different from those of ethyl alcohol. Isopropyl alcohol, which some consumers may think of as drying the skin, is rarely used in cosmetics.

“Cruelty-free or Not Tested on Animals.” Although this statement implies the product hasn't been tested on animals, at some point most ingredients have been tested on animals. Look for the words “no new testing,” or “not currently tested.” The FDA also notes that there is no legal definition for these terms.

Fragrance free. Implies that a product has no perceptible odor.

Hypoallergenic cosmetics.

Products that manufacturers claim produce fewer allergic reactions than other cosmetic products. However, there are no federal standards or definitions that govern the use of the term or ensure that these products are less irritating to sensitive skin than others.

Ingredients. The FDA requires that cosmetic manufacturers list all ingredients on the labels of cosmetics sold on a retail basis to consumers—even if the label states “For professional use only.” Ingredients are listed in order from the greatest to the least amount.

Noncomedogenic. Suggests products do not contain common pore-clogging ingredients that could result in acne.

Shelf-life (expiration date). The amount of time for which a product is good under normal conditions of storage and use. Storing cosmetics in damp, warm places like a bathroom can lead to earlier expiration.

own comfort level with color and be able to use what you purchase. The universal rule when it comes to using makeup is that less is more and layering is better. So blend and pat makeup onto different areas of your skin so the beauty of your skin can show through. When you're trying new things, just try one or two at a time. For instance, stick with neutral colors and buy a more vibrant lipstick or an eye shadow with more sparkle. And go for balance: if you're being dramatic on the eyes, go paler on the lips.

ingredients

Just what do all those acids, vitamins, antioxidants, herbs and other fancy ingredients in today's skin-care products and makeup actually do? Here's a basic primer:



Alpha-hydroxy acids (AHA).

The introduction of alpha-hydroxy acids in the early 1990s revolutionized the skin care industry. These ingredients, which include glycolic, lactic, tartaric and citric acids, are naturally occurring acids in fruits and milk used to help erase fine lines, age spots and even out skin tone.

Alpha-lipoic acid.

This antioxidant protects against the damage from free radicals, particularly in conjunction with other antioxidants and polyphenols.

Beta-hydroxy acid (salicylic acid). This acid exfoliates skin, improving texture and color, and helps fight acne by clearing out oil-laden hair follicles. It's less irritating than AHA but provides some of the same benefits.



Broad-spectrum sunscreen.

Effective against the damaging effects of both UVA and UVB rays.

Co-enzyme Q10. Another important antioxidant, coQ10 is essential

to power the machinery of cells. Levels drop as we age, particularly in the skin, affecting your ability to produce collagen, elastin and other skin factors. That's why it's often found

in regenerating and repair products.

Hydroquinone. This ingredient bleaches age spots or dark pigmentation.

Nanoemulsion. New technology that enables manufacturers to incorporate delicate and highly effective ingredients into more elegant and refined formulations used in cosmetic products.

Q: How can I find out more about an ingredient listed for a cosmetic product?

See the International Cosmetic Ingredient Directory, published by the Cosmetic, Toiletry, and Fragrance Association. The directory is available at many public libraries or you can order a copy at www.ctfa.org.



ingredients



Parabens. A family of preservatives (ingredients that help prevent microbial contamination) that can be used in a wide variety

of foods, drugs and cosmetics to keep products safe. They have a long record of safe use and have been reviewed and accepted by regulatory bodies worldwide.

Phthalates. A large family of chemicals used in hundreds of types of consumer products. In the United States, phthalates used in cosmetics (DBP and DEP) have been thoroughly reviewed and specifically recognized as safe by both the FDA and the CIR.

Point After Opening (PAO).

An expiration date required by the European Union for most cosmetic products. It reflects the anticipated lifespan of a product after opening.

Polypeptide Technology. Small chains of naturally occurring amino

acids provide a variety of benefits in cosmetic products, including enhancing skin moisture and reducing the appearance of fine lines and wrinkles.

Retinoids. A form of vitamin A, these vitamins improve uneven skin tone, minimize fine lines and wrinkles and even out skin texture and color, as well as fight acne. The strongest form is tretinoin, found in prescription products Retin-A and Renova.

Vitamin C.

This antioxidant vitamin plays a critical role in the production of collagen, with studies finding it can minimize fine lines, scars



and wrinkles. It also functions as an antioxidant.

Vitamin E. Another major antioxidant, vitamin E strengthens blood vessel walls in the skin and reduces the effects of aging due to free radical damage.

Q: I've heard a lot about the negative health effects of parabens and phthalates in cosmetic products. Are they dangerous?

Parabens are a class of preservatives used in cosmetics and food that have a long history of safety. Phthalates are a family of chemicals that are, among other things, used as plastic softeners or solvents in a variety of consumer products. The cosmetics industry uses only one phthalate, diethyl phthalate (DEP), in its products. DEP has been extensively studied for its use in cosmetics and personal-care products and found to be completely safe. The considerable test data relating to these ingredients has been reviewed by governmental health authorities worldwide.

Choosing the **Right** Products for You

With literally thousands of skin-care and cosmetic products available, choosing the right products can feel absolutely overwhelming. Start by asking (and answering) the following questions:



- How would you describe your skin? Oily? Dry? Mixed?
- Do you have large pores, uneven skin tone, fine wrinkles or other imperfections in your skin that you'd like to improve?
- Is your skin fair, medium or dark? Do you tend to burn easily in the sun?
- Do you have sensitive skin or any skin conditions like eczema, psoriasis or rosacea? Are you having acne outbreaks?
- How long are you prepared to spend on a skin-care routine?
- How much are you prepared to spend on skin-care products?



Write down the answers to these questions and take them with you to the cosmetic counter, dermatologist or spa. Use them to work with a skin-care professional to develop a maintenance and treatment program that will work for you.

Regardless of your answers, every woman should follow a basic skin-care regimen that cleanses, protects and moisturizes. That means cleaning your skin with a cleanser that's right for your skin type (i.e., if you have oily skin, choose something that cleans the extra oil from your skin without overstripping it); following with a moisturizer that contains sun protection of at least 15 SPF (30 is better) and antioxidants; and applying a richer moisturizer to revitalize skin at night.

Consider having your skin type evaluated by a professional before purchasing a new skin-care regimen.

ingredients

Finding the **Right Products** for Your **Skin Type**

If you have ...	Clean with ...	Exfoliate with ...	Moisturize with ...	Consider using ...
Oily skin	A gel cleanser at least twice a day. Make sure you take off all your makeup at night.	Products with glycolic, salicylic acid or a combination of salicylic acid and glucosamine.	An oil-free moisturizer.	Alcohol-free toner, to clean away anything your cleanser has left behind. Daily sun protection.
Dry skin	A creamy cleanser.	Gentle exfoliating products containing glycolic, salicylic acid, or a combination of salicylic acid and glucosamine.	A hydrating cream (just oil and water).	An additional moisturizing accessory product to comfort drier skin. Daily sun protection.
Combination skin	Two cleansers, one for when your skin is oily and another for days when it is dry.	Gentle exfoliating products containing glycolic, salicylic acid, or a combination of salicylic acid and glucosamine.	A hydrating cream (just oil and water).	An additional moisturizing accessory product to comfort drier areas. Daily sun protection.
Sensitive skin	A soothing, extra-gentle cleanser.	Gentle products in a creamy base.	A gentle moisturizing cream that soothes easily irritated skin.	Products specifically formulated for sensitive skin. Daily sun protection.



Resources

American Society for Dermatologic Surgery

847-956-0900

www.asds-net.org

Provides information about a variety of skin improvement techniques.

The American Academy of Dermatology

888-462-3376

www.aad.org

Largest dermatologic association, representing more than 14,000 physicians worldwide. Offers a range of consumer-focused information available in print and online.

Cosmetic, Toiletry, and Fragrance Association

202-331-1770

www.ctfa.org

Trade organization representing more than 600 industry manufacturers. Provides consumer information on cosmetic safety and regulation.

Skincarephysicians.com

www.skincarephysicians.com

Web site developed by the American Academy of Dermatology providing information about a variety of skin conditions.

U.S. Food and Drug Administration

1-888-463-6332

www.cfsan.fda.gov

Regulates the cosmetics industry. Cosmetics site includes consumer information on regulation, safety, ingredients and labeling of skin products.

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